



FROM PRESIDENT JOHN GILGER

This past hockey season was UNRI-VALLED. Penn State posted its first winning season in its third year of existence, swept Wisconsin, took three of four games from Michigan, and won its first game over Minnesota in spectacular fashion. Guy Gadowsky was the Big 10 Coach of the Year, Casey Bailey was PSU's initial 1st team all-Big 10 selection, and he and Taylor Holstrom became the first Nittany Lions to be nominated for the Hobey Baker Award. Bailey capped off this historic season by becoming the first Nittany Lion to play in an NHL game and to score a goal.

The Friends of Penn State Men's Hockey also flourished. We revived the 50/50 program in January. Our volunteers were stationed all around the Pegula concourse, and thanks to the generosity of our fans (and, yes,

even visitors from opposing schools), we raised close to \$8,500. The season-high winner (in the Michigan home finale) claimed \$1,115, and a visiting Minnesota fan won during the Gopher series. ALL funds raised this season and in subsequent years will be utilized for the betterment of the program.

Our club hosted a "get acquainted" tailgate in October, sponsored a bus trip to Philadelphia to watch PSU defeat nationally-ranked Vermont, helped sponsor the end-of-the-season banquet celebrating the careers of seven seniors, and funded gifts (framed jerseys) for these players. We will continue many of these activities next season, and add new ones for the enjoyment of our members and the benefit the program.



We already are planning for the next season. We NEED your input to build membership, increase the public's awareness of our purpose and activities, and enhance the hockey experience. If you have any ideas or suggestions, please feel free to drop me an email at gopens68@gmail.com.

From all of us, best wishes for this summer; we will see you in October.

OFF THE ICE



The Club's first bus trip. Nothing better than hockey in Philly!

This could be your seatmate on our next bus trip.



Joe Battista and his dad enjoy the annual Senior Banquet at the Nittany Lion Inn.

Team captain and nuclear engineering major Patrick Koudys addresses the more than 300 Senior Banquet attendees.



COACH'S CORNER

What a tremendous hockey season! The Penn State Hockey Program accomplished so many things most thought wouldn't happen until several more years down the road. Having a winning season in the NCAA, a winning season in the Big 10, and having a graduate of our program play (and score!) in the NHL are things that we deserve to celebrate.

On behalf of the team, staff, and all supporters and fans, I want to thank the Friends of Penn State Hockey for all their support this season. The funds we received from the 50/50

Raffle are very important to us as they support various program needs. The banquet was excellent! Love receiving all the kind notes regarding how much people enjoyed the banquet and listening to our senior's speeches. The Penn State Hockey Radio Show was also a big hit. Brian Tripp did a great job with the show and our Friends Group, Hockey Management Association, and Roar Zone made the atmosphere a fun one. So for those examples, and all the additional efforts and work on behalf of our program, thank you so much!



PSU Athletic Communications

I hope you all have a great summer and I look forward to seeing you back in Pegula in the Fall!

For the glory!

MEET THE COACHES



PSU Athletic Communications



Editor's note: Matt Lindsay (left) and Keith Fisher joined Guy Gadowsky at Penn State after serving on his staff at Princeton. FULL STRENGTH interviewed them after the 2014-15 season. This is the first part of that interview; look for more in the Fall 2015 issue.

Question: What are your duties as a coach?

ML: We share duties, no one coach is responsible for defense, or offense, or powerplays. This allows one of us to travel without limiting what goes on at practice.

KF: So we're not pigeonholed into just being a forwards or defensive coach. We get to bounce ideas off of each other.

Question: Why did you get into coaching?

KF: I was hurt in college, and wanted to stay involved – it didn't matter what sport. I met some great people who have helped me in my career.

ML: Absolutely, I wanted to stay in game. Plus, I'm the son of a coach – it's in my blood.

Question: What surprised you the most about last season?

ML: Within the program, expectations always are high. Our purpose is to win. I wasn't surprised.

KF: The fact that we ranked in the top 5 nationally most of year in shots and goals – that's keeping company with the big dogs – schools like Boston U, Minnesota, Minnesota State, and so on.

Question: P. J. Musico seemed to come out of nowhere last year – from 3rd string goalie to national award winner. How did that happen?

ML: P. J.'s a great kid and teammate. No matter what, he stayed focused, and was always prepared. The coaches and players had confidence in him, he had a calming presence about him.

KF: Yes, a great goalie. It's not fair to label him a 3rd string goalie – that's just a depth chart category, and not at all reflective of his skills.

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WEARING THE C

A WORD FROM CAPTAIN PATRICK KOUDYS

Overall, it was a good season for Penn State hockey. This year was the first time we swept a Big 10 opponent on the road, and we finished with the first winning season as a Division 1 varsity team in Penn State history. As a team, we worked hard to keep moving the program in the right direction. We had much higher expectations as a group this season compared to the previous one, and we were able to achieve some of our goals. Even though the Conference Tournament did not go as we had planned, looking back on our year as a whole we are pleased with the step forward that the program has taken.

We are losing seven seniors and Casey Bailey from this year's team. The remaining players are proud of the team's growth and achievements during the 2014-2015 season, but THEY ARE NOT SATISFIED. Success brings the desire for MORE success, and next year's team has much to prove and more to gain. With Guy Gadowsky leading the team, it is only a matter of time before many more firsts come to the Penn State hockey program.

ASK THE LIONS

Question: *What is the most exciting moment, be it a single game, or individual or team accomplishment, that you experienced as a member of the PSU men's hockey program?*

P. J. Musico: All of the above, my four years here have been so memorable it's hard to pick one or two specific times. For me personally, getting the first win and shut out was very cool. So was beating Minnesota in OT, and Michigan on Senior Night. I am so proud of what our team has done. Words can't describe all of my feelings.

Question: *Of all the games you played in at Penn State, which one had the best atmosphere?*

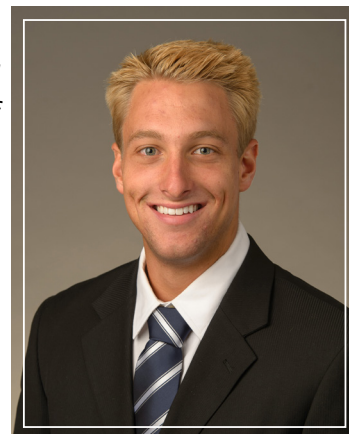
P. J. Musico: I remember against Wisconsin at home when we were on the penalty kill. The game was close and I ended up having a couple good saves during that second period. The whole roar zone behind me chanting "P.....J....., P.....J....." I remember smiling and thinking to myself: "Man, I love this place."

Question: *What was the funniest encounter you had on the road as a member of the program?*

P. J. Musico: It's not one particular thing. The guys love being together and that's something I have always loved - the road trips, the hotel rooms. Everyone is trying to make each other laugh. They are always a blast.

Question: *What do you think is on the horizon for PSU hockey in the not too distant future?*

P. J. Musico: Championship after championship. It's not if, it's when.



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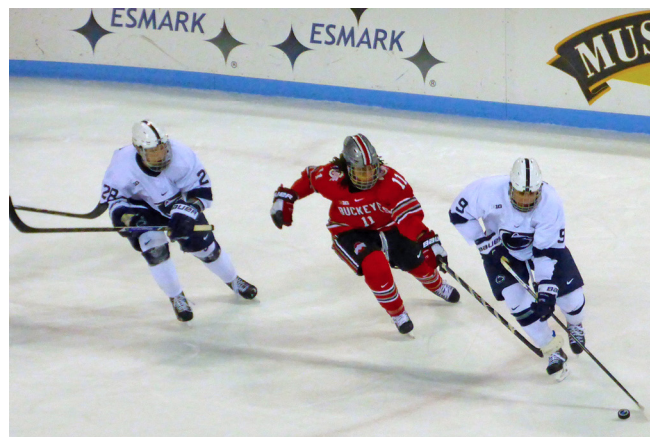
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GAME ACTION

photos by Stephanie Corcino



Curtis Loik moves in on Ohio State's Christian Frey.



David Goodwin avoids the Buckeyes' Christian Lampasso.



Sniper David Goodwin is robbed by Northern Michigan's Michael Doan.



Two great goalies, mutual respect.



Zack Saar maneuvers around the Minnesota net.



Erik Autio shoots through Michigan's J. T. Compher.

MEET THE COACHES

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Question: Having become a Division 1 team just 3 seasons ago, what area(s) of the program have improved the most?

KF: First and foremost, the facility - Pegula Arena. Also (and we're not completely there yet) the culture, the internal expectations of the players. Now they know what to expect. Now we expect to win.

ML: We wanted to lay to lay the foundation, create the culture.

Question: To what do you attribute the big improvement last season?

ML: The experience of the players. Plus, they no longer were getting caught up in the hype of "firsts." They could focus on winning. They also gained familiarity with opposing rinks, and were not in awe of anything or any place.

Question: What do players generally do over the summer?

KF: Each player is different; some train at home, some (probably 75%) are on campus for at least 1 summer session. Coaches cannot be present at any workout, but the strength & conditioning coaches can oversee workouts, and the trainers can help out as well.

SHOW YOUR PSU HOCKEY SPIRIT

Check out our new merchandise website:
www.costore.com/pennstatehockey
 for gear specially created for
 the Friends of Penn State Men's Hockey.
 You won't find these designs anywhere else!

))) ON THE AIR (((with Brian Tripp



Broadcasting duties aside, as hockey fans we were simply spoiled by the thrilling 2014-2015 Penn State Hockey season. The slate was littered with unforgettable comebacks and milestone victories amidst a push for a postseason berth. Particularly at home, after record-setting crowds spilled out of Pegula Ice Arena, my broadcast partner Tim King and I often sat in awe recounting the

numerous accomplishments of these gritty cardiac cats. When one game would end, we could not wait to return to the rink and hit the airwaves, in anticipation of what might happen next.

As broadcasters, we are extremely privileged to experience a glimpse into the life of a Penn State Hockey player at home and on the road. Based on my experiences, supporters of the program should be incredibly proud of the young men Coach Gadowsky and his staff are developing in the program. In fact, that is what made broadcasting this season even that much more enjoyable. We were truly rooting for each student-athlete to succeed. The roster was not only comprised of great players, but more importantly

great people. We are incredibly lucky to work with such a great group of players, coaches and staff members.

I know I speak for Tim and our broadcast engineer, Bob Taylor, by expressing our sincere gratitude to each of the listeners throughout the season. At home and on the road, thank you for allowing us to be your conduit to the program. We are already looking forward to October! We Are ...

ALL THINGS GADOWSKY

Coach Guy Gadowsky was a member of the 1993-94 Canadian National Team, with 3 goals and 3 assists in 6 games.

Gadowsky has coached two players (Jordan Hendry at Alaska and Kevin Westgarth at Princeton) who later won Stanley Cups.

Speaking of Princeton, the TIGERS play their games in a rink named after famous hockey alumnus Hobey Baker.

Speaking of Hobey Baker, Casey Bailey and Taylor Holstrom became Penn State's first Hobey Baker Award candidates.

While attending Colorado College, Guy Gadowsky made the WCHA All-Academic Team 3 times.

Speaking of Colorado College, Tommy Olczyk's younger brother Nick has signed a letter of intent to play for Colorado College, and current assistant Matt Lindsay was an assistant there in 2005-6.

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, 2014. This is the second part of that interview; the first part appeared in the Fall 2014 edition of FULL STRENGTH.

Question: *Why did you want to get back into the collegiate ranks?*

Adam Sheehan: I had been around for a while in the NHL in several different capacities within the equipment staffs, and I really enjoyed working in the college game at Sacred Heart during the 2004-2005 NHL lockout. I knew that at some point, if a good opportunity came up, I would go for it. I enjoyed my time in the NHL though. I was fortunate to have amazing experiences and memories and also came away with some great friends in former players, coaches and staff members.

Question: *What intrigued you about PSU so that you applied for the job as equipment manager?*

Adam Sheehan: I actually heard PSU was developing a D1 program about 2 years before it was announced. How can you go wrong with a new program at a place like Penn State where both academics and athletics thrive?

IT'S ALL RELATIVE

Zack Saar's father Brad played for Joe Paterno on Penn State's 1982 national championship team.

Chicago Black Hawks star Brandon Saad is the younger brother of former Penn State hockey player George Saad.

Question: *Is there any difference between your day-to-day routine at PSU and your routine in Phoenix, Detroit, or Carolina? How is college different from the pros?*

Adam Sheehan: The job itself doesn't differ very much from the NHL. The day-to-day operations are the same for the most part - skate sharpening, equipment repairs, and daily paperwork. The thing that differs most is the travel. In college, the travel is less demanding as we play twice a week and most of the time it's in the same city. In the NHL you could be in 3 different cities all over North America in a matter of 5 days.

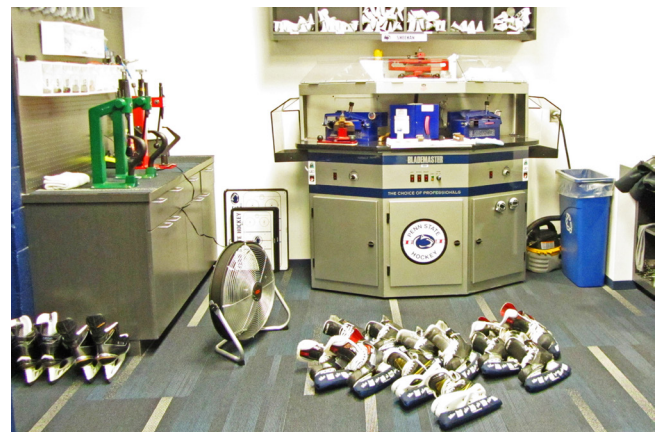
Question: *How is your impact on players different from when you were in the NHL?*

Adam Sheehan: Earning a players trust is important at every level and I enjoy that part of the job a lot. If I can help make our players better on the ice and give us any type of advantage, I'm willing to spend as much time as needed to make that happen.



PSU Athletic Communications

I feel the equipment manager can help make a difference in a player's game, especially when it comes to skate sharpening and skate profiling. When a player has the proper blade-to-ice contact, there is a noticeable difference in his speed and agility. At the pro level, and especially in the NHL, a majority of players already have these components set in their minds and may be less willing to make changes. However, I've learned through my experiences that a lot of college players come in without ever having a proper skate profile. It was tough at first to get some of these players to believe in what I was telling them, but once they allowed me to make those small adjustments needed to attain a proper balance, they usually felt much better on their skates. It's great to be able to share all the information that we have and help players.



Skate sharpening NEVER ends.

FUN FACT

FUN FACT: Penn State's 2014-15 squad had two players from California, but none from New England or New York.

THE GAME WITHIN THE GAME

photos by Stephanie Corcino



Casey Bailey and MSU goalie Jake Hildebrand eye each other through a tangle of sticks and legs. Bailey looks for a shooting lane, while Hildebrand concentrates on the puck.



Wisconsin goalie Joel Rumpel controls the puck – he cannot let it go through the crease or allow a rebound. Morgan Zulinick clears Eric Scheid from the crease just in case.

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YOUR VOICE

To the Friends of Penn State Men's Hockey:

The students in the Roar Zone showed their spirit and enthusiasm throughout the season; one highlight was the banner they unfolded for the opening game of the Wisconsin series, pictured to the right.

We want to see that same spirit from you. Help us make this newsletter YOUR newsletter by contributing to it – send in questions for the coaches and players, or tell us what features you enjoy and what other ones you'd like to see. Are there individual players, coaches, and behind-the-scenes staff you want to learn more about? Let us know and we'll do our best to give you what you want.

Anticipating what you want to see in FULL STRENGTH, we have expanded it to 8 pages. We are excited to welcome Brian Tripp, the radio voice of Penn State men's hockey, as a contributor to this issue. You will also find enlarged game action pictures for better viewing. All of the action photos were taken by Stephanie Corcino, an avid PSU hockey fan; we look forward to more contributions from her next season.

Some of Stephanie's shots are especially interesting in that they not only show great action, but also portray hockey



Stephanie Corcino

fundamentals and the game's one-on-one battles. We show two of these, super-enlarged, in "The Game Within the Game" section; we'd like to hear your reaction to this and our other features.

Please email your comments, questions, and ideas to: joelsobel@hotmail.com

This fall, look for another edition of FULL STRENGTH. We hope to have information on new players, as well as action photos of the early season games. And maybe a surprise or two!