



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

Fall 2024

PRESIDENT'S MESSAGE



Happy Hockey Season, Friends of Penn State Men's Hockey! We're a little more than a month into the

2024-2025 season, and hopefully you've had a chance to see a few games at Pegula and start to familiarize yourself with all the new faces this season. I'm excited to see the team grow and gel over the next few months.

In this installment of the FOPSMH newsletter, you'll hear from a few familiar faces at Pegula, read about our hockey alumni and where they've travelled to play hockey this year, and see updates on some of our club activities this year. I'm thrilled for you to read our interview with Kristina Jeffries, known around the rink as KJ. KJ is mentioned every year during the senior celly by all the graduating players as someone who had a huge impact on their time at Penn State. We truly appreciate the time she took to answer our questions and give us a great glimpse into a behind-the-scenes part of the program.

You'll also see photos from our second annual Golf Classic, which was another huge success. Through the monies raised at the golf tournament and other fundraising events,

the club was able to make a \$35,000 donation to the program this season.

Lastly, we welcomed some new board members to our ranks this year and said farewell to others. We'd like to thank Will Rusk, Rich Seifert and Mark Stephens for their many years of service and welcome Denise Brooks, Rob Hartsock and Tim King to the board. We're also thrilled to announce that Will has agreed to stay on as our Webmaster and Social Media Chair. We'd be lost without him!

This season we are looking forward to lots of familiar events, with some new twists. We hope you can join us for a practice watch, tour of Pegula or social event with the team throughout the season. If you have any friends who haven't joined yet, please encourage them to check out the club website!

See you at the Peg!

Sara Becker

President, FOPSMH



Throwback uniforms (from gopsusports.com)

Dates to Remember:

- DEC 6 - TOUR OF THE PEG AND WATCH PARTY AT THE BLUE COURSE CLUBHOUSE VS OHIO STATE
- DEC 12 - PSU-ARMY GAME AT THE CAPITAL ONE ARENA, BUS TRIP
- JAN 3, 2025 - PSU VS NOTRE DAME AT WRIGLEY FIELD - OUTDOORS!
- JAN 6, 2025 - LUNCH SOCIAL (DETAILS TO FOLLOW)
- FEB 10, 2025 - VIRTUAL BINGO (DETAILS TO FOLLOW)
- FEB 28, 2025 - WEAR WHITE VS MINNESOTA
- MAY 16, 2025 - THIRD ANNUAL GOLF CLASSIC

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FULL STRENGTH

SECOND ANNUAL ALUMNI & FRIENDS OF PENN STATE MEN'S HOCKEY GOLF CLASSIC

Friday, May 17, 2024



Pictures from the FOPSMH website



MAY 16, 2025



THIRD ANNUAL GOLF CLASSIC!



Please feel free to reach out to **Brian Shull** at blshull@verizon.net if you have any questions about sponsorship opportunities. We hope you can help us make this annual event a huge success!

AN INTERVIEW WITH KJ

Kristina Jeffries (KJ to her fans) is the Assistant Director of Athletic Performance for the men's and women's hockey programs. KJ joined the Penn State Performance Enhancement staff in August of 2014 as a Performance Enhancement Coach and was promoted to Assistant Director of Performance Enhancement in October of 2021, working with Men's and Women's Hockey.

Q. What does a typical day look like for you? What does your job entail?

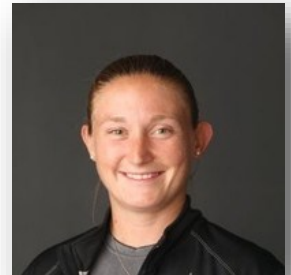
A. A typical day for me starts with Men's Hockey lift at 7:30am. I'll get into the office at 7am or a bit before to get the room set up for the guys. We start with a team dynamic warmup, I'll then have them do some extra mobility or speed work. Then I'll explain the lift, what the focus of the day is and how I want them to perform certain movements. I coach them through the major movements of the day and adjust any form or technique issues I see to help them perform the exercises better. They lift for about an hour on Monday, Tuesday, and Wednesday mornings. As they are finishing up, I'll make smoothies for them as they leave the weightroom and get ready for on-ice skills, treatment or class. After that, there are always meetings with coaches and staff to prepare for the week or get caught up from the previous day. I'll then get our Catapult units, which is a player monitoring device, in each player's shoulder pads. I will then get ready for the afternoon practices for both teams by setting up the Catapult system and getting the practice plans from the coaches. Then either before or after their practice, the women's team will lift. When the men are done with practice, a lot of them will come into the weightroom for mobility or extra conditioning. I end my day by downloading the player data from practice and sending out a practice report to both coaching staffs with a summary of how the day went.

Q. You have paved the way for other women becoming strength and conditioning coaches. Have you had any opportunities to mentor others?

A. I have been fortunate to have several interns and fellows here at Penn State that I've been able to mentor and help in the start of their careers in the profession. I am actually the internship coordinator for the Athletic Performance Department and have quite a few undergraduate students help us each semester. One of the highlights so far in this role for me was to be able to call one of my former interns this past summer and tell her that we were offering her a job working at Penn State. It was a really cool moment for me!

Q. How much of a role does technology play in strength and conditioning today?

A. Technology is actually a big part of our daily operation. Our workouts are online through the Teambuildr app. Each athlete has their workout every day on their phone and when they come into the weightroom, we have iPads at each rack for them to log in to and track their program and progress. We also use a device called GymAware to track barbell speed during certain lifts to ensure the players are moving at the speed that will help them to perform at their best on the weekend, or help prepare them for the season ahead. The other tech device we use in the weightroom is a Force Plate by VALD. We do several different tests on the force plate to help measure output, imbalances and readiness. The most common test is the countermovement jump (CMJ) test. We do this test weekly and there is a team leaderboard for jump height up in the weightroom and the competition gets pretty heated! On the ice, we use Catapult Sports Athlete



"One of the reasons we have the technology that we use is to help players and coaches make adjustments when necessary. We don't know how many injuries we've prevented, but I hope it's a whole lot!"

Monitoring system, and we track players' load, sprint efforts, high force strides and drill intensity. This helps us plan practices and make sure that the players stay healthy and don't over- or under-train week to week during a very long season.

Q. All of the players sing your praises and talk about how high-energy you are. How do you keep that energy level up?

A. A lot of caffeine and a mix of passion and excitement of how I can help each player get better every day!



Q. Does your focus change as the season goes on, and players get banged up?

A. One of the reasons we have the technology that we use is to help players and coaches make adjustments when necessary. We don't know how many injuries we've prevented, but I hope it's a whole lot! The workouts and practices in the spring semester do look a little different so that we make sure we are primed and ready for each of our opponents, but it's also important to track each athlete to make sure they are not losing strength and speed during the season. We want to make sure we can finish every season very strong.

Q. You came from Vanderbilt along with James Franklin and Chuck Losey. How did their move influence you?

They both played a significant role in my decision to come to Penn State and my career. Coach Franklin did an outstanding job at Vanderbilt to turn that program into a winning one. I admire how he coaches and really respect how he runs his program based on clear standards and expectations, but also cares for his players and staff. Coach Losey has been an outstand-

ing mentor and friend to me for my entire career. He hired me as an intern in 2008 at Tennessee State University and made me his Graduate Assistant the following year. He then moved on to Vanderbilt with Coach Franklin and I was hired about 6 months later to work as an assistant strength and conditioning coach. After 4 years at Vanderbilt, Coach Franklin took the job at Penn State, Coach Losey was brought up as well. As soon as there was an opportunity for me to make the move, I followed! They are two outstanding coaches, mentors and people and I couldn't be more grateful for them.

Q. What has been the biggest challenge for you?

A. Early on in my time at Penn State, the biggest challenge was getting used to the size of the university and the number of facilities I needed to go to in a day to get the job done when I worked with several different teams. Not a bad problem to have, but certainly a challenge at times. Now, my home is Pegula Ice Arena, and I rarely need to leave the rink. I'm spoiled!

Q. You've been here more than 10 years now. What memories stand out with all of the hockey players that have passed through the Peg?

A. For all 10+ years, I have worked with women's hockey, so being able to see the growth of that program in the last few years has been really special. Winning the conference and tournament championship two years ago and going to the NCAA tournament for the first time in program history was amazing and I'm thrilled for their staff. Obviously, being around both programs, the two players that I remember the most from the men's program are Chris Funkey and Andrew Sturtz. When those guys were on the team, I just remember how close they all seemed to be and it made an impact on me because they worked really hard, they were amazing people, and they were a really good team... to me, it seemed like a winning recipe. Now, having Sturtz on staff is so great because he brings the player perspective, but also the standard and knowledge that his team had. I think it's already proven to be extremely valuable to our current roster. The other players that really stand out to me are Laura Bowman, Kelsey Crow, Bella Sutton and Jess Adolfsson on the women's side. Their work ethic laid the groundwork for the team today. In my short time with the men, I don't know if I would have been as successful as I was right away without Kevin Wall, Paul DeNaples, Adam Pilewicz and Connor MacEachern. Those guys bought in right away and did an outstanding job for me in the weightroom and on the ice. This year will be my first graduating class from freshman to senior on the Men's side and I can express how grateful I am for this year's senior class, and how much I respect them for their work ethic from day one. It's going to be a very special year with these guys leading our team and I can't wait to see what all they accomplish!

PRACTICE WATCH / ON THE ICE WITH PLAYERS 10/22/24



Pictures courtesy of Linda Schenck

TEDDY BEAR TOSS 11/16/24



HOUSING A STUDENT ATHLETE

By JoAnn Shore



Photo courtesy of JoAnn Shore

Since we still live in the multi-bedroom house that we raised our children in, when I saw the request from Coach Gadowsky to provide housing for some of the recent grads I offered our home. Being new at this, I was a bit apprehensive as to how things would go. I can honestly say that I am delighted that Tanner Palocsik moved in with us.

He was an easy guest from start to finish. Some days we ate meals together and some days not depending on our respective schedules. He was always willing to help with little things around the house. During his stay, we had to go out of town for five days. We felt perfectly comfortable doing that. I noted that Coach Gadowsky told him to make him proud during his stay and he really did. Things went so smoothly. He remarked before leaving how fast the 3 weeks went. I totally agreed.

We are currently texting occasionally and he is doing well. I hope he comes back next year and I would be happy to have 2 guys if needed.



CHECKING IN WITH GUY

Keeping it simple, just 3 questions:

Q. What can you tell us about the "new guys" this season?

A. All the new players are competitive guys. We very consciously recruited to get back some of the Penn State toughness that was so evident in the Championship teams we have had in the past. The new group embodies that toughness in a very genuine natural way which is fun to be around.

Q. What else is new this year?

A. Ben Kogut has done a great job with two jersey concepts that you will see this year; one throwback jersey to honor our past and one military style jersey to honor Penn Stater Michael Murphy for our game vs Army in DC.

Q. If this team were a flavor, what would it be?

A. Sweet chili protein.



CONGRATULATIONS to our button slogan winner, Kathy Koehler!

Kathy, seen here with daughter Lynn Koehler Yingling, won a \$50 gift card for the Penn State Bookstore for her winning slogan, "SKATE



Photo courtesy of Sara Becker

SCORE ROAR." Buttons with the winning slogan have been passed out at the FOPSMH table at home games.



WHERE ARE THEY NOW?

COMPILED BY LINDA SCHENCK

Our favorite players may be gone from Happy Valley, but they're not forgotten! Here's a sampling of where our more recent graduates are pursuing the puck (subject to change):

AHL

Brandon Biro:	Coachella Valley Firebirds
Alex Limoges:	Hershey Bears
Nikita Pavlychev:	Chicago Wolves
Nate Sucec:	Hartford Wolfpack
Kevin Wall:	Milwaukee Admirals

ECHL

Christian Berger:	Maine Mariners
Jaqués Bouquot:	Reading Royals
Tyler Gratton:	Reading Royals
Bobby Hampton:	Wheeling Nailers
Kenny Johnson:	Reading Royals
Xander Lamppa:	Maine Mariners
Connor MacEachern:	Idaho Steelheads
Connor McMenamin:	Reading Royals
Kris Myllari:	Florida Everglades
Tanner Palocsik:	Toledo Walleyes

Christian Sarlo:	Maine Mariners
Denis Smirnov:	Norfolk Admirals
Sam Sternschein:	Idaho Steelheads

COLLEGE

Dylan Gratton:	University of Nebraska-Omaha
Ryan Kirwan:	Arizona State University
Chase McLane:	Colorado College
Liam Souliere:	University of Minnesota

EUROPE

Oskar Autio:		Germany
Evan Barratt:		Germany
Chase Berger:		Austria
Tim Doherty:		Great Britain
Cole Hulst:		Italy
Peyton Jones:		Austria
Ludvig Larsson:		Sweden
Ture Linden:		Sweden
Aarne Talvitie:		Finland



Cerrato fights for the puck. Charlie has scored multiple goals already this season. Nice job, rookie!

- Photo courtesy of Stephanie Corcino

WHO'S GONE? WHO'S NEW?

GONE: We bid a fond farewell to Christian Berger, Christian Sarlo, Tanner Palocsik, Doug Dorr Jr., Jacques Bouquot, and Liam Souliere. **NEW:** Our newbies are #9 Keaton Peters, a forward from Sussex, WI; #10 Nick Fascia, D-man from Blackwood, NJ; #11 Andrew Kuzma, forward from Naperville, IL; #15 Charlie Cerrato, forward from Fallston, MD; #17 Nicholas DeGraves, forward from Edmonton, Alberta; #20 JJ Wiebusch, forward from Verona, WI; #21 Braedon Ford, forward from Pittsburgh, PA; #22 Jason Gallucci, defenseman from Robbinsville, NJ; #27 Cade Christenson, D-man from Edmonton, Alberta; and #30 John Seifarth, a goalie from Pittsburgh, PA who played on the Ice Lions club team last year! Welcome to all!

OFFICERS AND COMMITTEE CHAIRS — FRIENDS OF PENN STATE MEN'S HOCKEY, Inc.

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The official friends club for Penn State Men's Hockey

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Friends of Penn State Men's Hockey ("FOPSMH") is a 501(c)(3) non-profit organization, and donations to FOPSMH are tax deductible.

Photos by Stephanie Corcino



CONGRATULATIONS TO HUMANITARIAN AWARD WINNER DYLAN LUGRIS!

Forward Dylan Lugris represented Penn State in the best possible way when he was awarded the 2024 Humanitarian Award by the Hockey Humanitarian Foundation during a ceremony at the Men's Frozen



Four last April. His work with the Coyotes sled hockey team won him the accolade.

Guy Gadowsky is now the only head coach to roster multiple Hockey Humanitarian recipients.

FOPSMH President Sara Becker was able to attend the event.

We're on the Web!

<https://fopsmh.org/>



Photo provided by Linda Schenck