

2015-2016



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2015-2016 OAK PARK RIVER FOREST HUSKIES HOCKEY



Welcome to a new season of OPRF Huskies Hockey!

We are looking forward to an exciting season for both our Varsity and Junior Varsity teams and hope that you will have the opportunity to catch one or more of our home games on Sunday evenings at Ridgeland Common, our newly renovated home ice. This ad book is filled with information about our teams, including game schedules, player information, coach biographies, and club community service projects. I thank our ad book advertisers for their contributions, which provide financial support for the hockey program, and I hope that you will keep these businesses in mind when you find a need for their services or products.

The OPRF Hockey Club is dedicated to the development of its players both on and off the ice. Our excellent coaching staff focuses on the hard work, team play, sportsmanship, perseverance, and responsibility that are vital to the success of any team on the ice. As a club, we also value our players' strong commitment to academic excellence and community service. We are proud of the high percentage of our players on the OPRF Honor Roll/Dean's List and of their engagement with service opportunities in our community. OPRF Hockey Club players regularly volunteer with community organization and participate in Hockey Checks Hunger on behalf of the Oak Park River Forest Food Pantry, and host an annual charity event and exhibition game in December for the Chicago Hornets Sled Hockey Team.

I extend my thanks to our club parents for their volunteer work in all aspects of club operations and, in particular, to those families whose efforts to sell ads to local businesses and organizations made this ad book and fundraising initiative possible. Thank you, also, to Holle Andersen of holle inc. design for creating and producing the ad book.

Finally, the OPRF Hockey Club is grateful to the OPRF Booster Club for their support of students in all activities, athletics, and academics at OPRF High School.

Go Huskies!

Jason Malley, President, OPRF Hockey Club

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Varsity Coaches



Coach Dave Dyson

Coach Dyson is in his third year as the Hockey Director and Varsity head coach for OPRF Hockey and his 10th year as a high school coach in Illinois. Dave grew up and played hockey in Buffalo, New York including as a high school player at St. Joe's Collegiate. He continued playing hockey for four years as part of the ACHA hockey program at West Virginia. He was Rookie of the Year his freshman year and an alternate captain the following three years and graduated as the all time leading scorer for defensemen.

Coach Dyson was named the Illinois West Coach of the Year in 2012, received the Lori Maly Distinguished Service Award in 2010, and has been named the Head Coach of the Team Illinois America's Showcase team the last two years. "Coaching hockey at this level is about more than developing better hockey players," said Dyson. "It's about developing better people. Over 80-percent of our kids were on the honor roll last year and we'll expect a strong commitment to academics and community service during the 2015-2016 season."



Coach Steve Meagher

Coach Meagher has been involved with hockey as either a player or coach for over 30 years. A native of Singhamton, New York Steve grew up playing in NY's Southern Tier Hockey Association and went on to play 4 years of ACHA hockey at West Virginia University. Coach Meagher spent the last 5 years as the Assistant Varsity Coach for Bartlett Wildcats Hockey Program, where he helped numerous players to achieve All-State and Showcase honors while also helping to lead the Wildhawks to the Combined Division's Blackhawk Cup State Championship Game in 2012 and the semi-finals in 2013.

Varsity Team





It's up to us to dig down deep and find a way. -Duncan Keith



57 -Avery Andersen
Defense / Freshman
Favorite hockey player: Duncan Keith
Favorite non-hockey activity: Other sports
Favorite food: I'll eat anything
Dream job: Besides NHL Player, illustrator



00 -George Brennan
Forward / Senior
Favorite hockey players: Patrice Bergeron & Jonathan Toews
Favorite non-hockey activity: Tending to my flow
Favorite food: Johnny's Beef
Dream job: OPRF Hockey coach
Nickname: Jorge



68 -Blaine Burkett
Forward / Senior
Favorite hockey player: Shane Doan
Favorite non-hockey activity: Watch Top Boy
Favorite food: Chicken Caesar Wrap from Erick's Deli
Dream job: Make my own TV show



76 -Liam Burns
Forward / Sophmore
Favorite hockey player: Jonathan Toews
Favorite non-hockey activity: Kayaking
Favorite food: Burrito
Dream job: Working/playing hockey
Nickname: Burnsy



10 -Mike DeAlba
Forward / Senior
Favorite hockey player: Joe Sakic
Favorite non-hockey activity: Playing lacrosse and hanging out with friends
Favorite food: Lobster
Dream job: A job that is fun and I can make a lot of money doing it
Nickname: Mikey D



69 -Addison Ditzel
Defense / Sophmore
Favorite hockey player: Duncan Keith
Favorite non-hockey activity: Watching movies
Favorite food: Steak
Dream job: CEO of British Petroleum



13 -PJ Gonzalez
Forward / Sophmore
Favorite hockey player: Pavel Datsyuk
Favorite non-hockey activity: Playing football
Favorite food: Johnny's Beef
Dream job: CEO Bauer
Nickname: Gonzo



6 -Aiden Kelley
Forward / Junior
Favorite hockey player: Patrick Kane
Favorite non-hockey activity: Madden 16
Favorite food: Sushi
Dream job: President of the United States
Nickname: Ball City



67 -Paul Kovatchis
Defense / Junior
Favorite hockey player:
Former Huskies player Bryan Mooney
Favorite non-hockey activity:
Soccer
Favorite food:
Fried calamari
Dream job:
Photographer or architect
Nickname:
Claudio Marchisio



22 -Riley Moran
Forward / Junior
Favorite Hockey Player:
Martin St. Louis
Favorite Non-Hockey Activity:
Learning
Favorite Food:
Steak
Dream Job:
Garbage Collector



17 -Eric Mulshine
Defense / Junior
Favorite hockey players:
Wayne Gretzky & Duncan Keith
Favorite non-hockey activities:
Running and video games
Favorite food:
Feta cheese
Dream job:
Besides NHL player, engineer
Nickname:
Mully



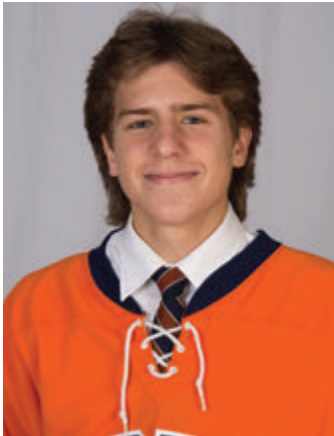
1 -Ben Ostler
Goalie / Junior
Favorite hockey player:
Former Huskies player Brian Cassidy
Favorite non-hockey activity:
Golf and more hockey
Favorite food:
Chinese food
Dream job:
Park District of Oak Park
concession worker
Nickname:
Benny Slim



34 -Max Pecenka
Forward / Sophomore
Favorite Hockey Player:
Marian Hossa
Favorite Non-Hockey Activity:
Tennis
Favorite Food:
Buffalo wings
Dream Job:
Starbucks barista
Nickname:
Patch



2 -Sam Phifer
Forward / Senior
Favorite Hockey Player:
Duncan Keith
Favorite Non-Hockey Activity:
Hanging out with friends
Favorite Food:
Cinnamon rolls
Dream Job:
Sports Broadcaster for the
Chicago Blackhawks
Nickname:
Phif



59 -CJ Pospisil
Defense / Junior
Favorite Hockey Player:
Paul Bissonette
Favorite Non-Hockey Activity:
Origami
Favorite Food:
Large Alpine sandwich w/ everything
Dream Job:
Hair Stylist
Nickname:
Pops



40 -Jacob Rosas
Goalie / Senior
Favorite Hockey Player:
Milan Lucic
Favorite Non-Hockey Activity:
Relaxing and taking it easy
Favorite Food:
Peaches
Dream Job:
NHL goalie



23 -Patrick Schmidt
Forward / Sophomore
Favorite Hockey Player:
Duncan Keith
Favorite Non-Hockey Activity:
Watching Star Wars movies
Favorite Food:
Steak
Dream Job:
Engineer
Nickname:
Paddy



16 -Grey Small
Forward / Senior
Favorite Hockey Player:
Marian Hossa
Favorite Food:
Deep dish pizza



71 -Spencer Smith
Defense / Sophomore
Favorite Hockey Player:
Evgeni Malkin
Favorite Non-Hockey Activity:
Just chillin'
Favorite Food:
Burger from Al's Grill at 11:00am
Dream Job:
Owning an ice rink
Nickname:
Smitty



8 -Alex Staples
Forward / Senior
Favorite Hockey Player:
Duncan Keith
Favorite Non-Hockey Activity:
Soccer
Favorite Food:
Enchiladas
Dream Job:
Engineer
Nickname:
Needles

WE ASKED
SOME
OF OUR
SENIORS
“WHAT’S
YOUR
FAVORITE
OPRF
HOCKEY
MEMORY?”

Stepping on the new ice at Ridgeland and winning the opening game. Also, beating Naperville Central 7-2. Both wins humbled me about what it meant to put on an OPRF sweater. —George Brennan #00

Playing on the same team with my brother Nick for two years and junior coaching my brother Jack’s team. —Mike DeAlba #10

Winning the Notre Dame Tournament in South Bend and going undefeated. —Sam Phifer #2

Beating Naperville Central 7-2! —Grey Small #16

While there are many amazing memories from playing OPRF hockey, my favorite and one that shaped how I play today came in freshman year. The coaches came up to me and said “Man you were flying last game, why have you been holding out on us?” I was very confused at the time not knowing what they meant but they continued. “When you caught that man back checking, I couldn’t believe how fast you were moving. You should use that speed more often.” I didn’t believe I was that fast right away but I soon learned and shaped my whole game around it. —Alex Staples #8

DID YOU
KNOW?

Last year’s graduating senior, Eric DeCaro – forward and captain on Junior Varsity – was nominated for the “Captain Spotlight” by the Chicago Blackhawks! Watch his interview on Blackhawk TV.

2015-2016 Varsity



2015-2016 Varsity



A good hockey player
plays where the puck
is. A great hockey
player plays where the
puck is going to be.
-Wayne Gretzky



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Go Huskies!

Best of luck to all the Oak Park Youth Hockey Graduates!



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Junior Varsity Coaches



Coach Karl Hayes

This is Karl’s second season with OPRF in the last three years. Karl is entering his fifteenth season of coaching at the high school and Midget level. Naperville North (1 year), St. Charles East (9 years), York (3 years), Chicago Hawks Midget Majors.

Karl has been a part of coaching staffs that have won multiple league championships at both the Varsity and JV levels. He has been elected to coach League All-Star teams 6 times and has been on coaching staffs that have won AHIA awards such as ‘Sportsmanship’ and assisted coach’s who have won the AHIA ‘Coach Of The Year Award’. His father is also a member of the AHIA / ILLINOIS Hockey Hall of Fame.

‘Winning is not a sometime thing; it’s an all time thing. You don’t win once in a while, you don’t do things right once in a while, you do them right all the time. Winning is habit. Unfortunately, so is losing.’—Vince Lombardi



Coach Matt Bonaccorsi

I am looking forward to working with Coach Hayes and the boys in my second season coaching at OPRF. I have played competitive organized hockey for over 20 years and hope to create an atmosphere of hard work, sportsmanship and competitive play all while having fun and playing the world’s most exciting game. Over the course of my playing career, I was fortunate to have many great coaches, including renowned skills coach Kenny McCudden who inspired me to get into coaching. The highlight of my hockey career was lining up against my childhood idol Joe Sakic in a men’s league tournament in Denver, Colorado. Away from the rink, I have a passion for golf and skiing. I was a children’s ski instructor at Beaver Creek Resort for two seasons after graduating from the University of Denver.

Playing Experience

NHL Gold, Central States – Flames Hockey Club and Chicago Mission AAA 1994-2001
Four year Varsity Letterman Catholic League at MCHS 2001-2005
Robert Morris College ACHA DII 2005-2007
University of Denver ACHA DII 2007-2010 (Captain ‘09-’10)

Junior Varsity Team



2015-2016 Junior Varsity



Never let success get to your head. Never let failure get to your heart. -Unknown



Junior Varsity



87 -William Anderson
Forward / Sophmore
Favorite hockey player: Jonathon Toews
Favorite non-hockey activity: Golf
Favorite food: Pie
Dream job: NHL General Manager



53 -Zach Batia
Defense / Junior
Favorite hockey player: Danny DeKeyser
Favorite non-hockey activity: Sleeping
Favorite food: Burger
Dream job: Software engineer



39 -Owen Bell
Goalie / Freshman
Favorite hockey player: Pekka Rinne
Favorite non-hockey activity: Call of Duty
Favorite food: Steak
Dream job: Work for Treyarch



18 -Max Bonaccorsi
Forward / Junior
Favorite hockey player: Josh Bailey
Favorite non-hockey activity: Waiting for my car
Favorite food: Lunchables
Dream job: Formula Pit Crew
Nickname: Bono



29 -Nate Bonnell
Goalie / Freshman
Favorite Hockey Player: Henrik Lundqvist
Favorite non-hockey activity: Relaxing
Favorite food: Pancakes
Dream job: Hockey goalie
Nickname: Bonno



9 -Hank Burkett
Forward / Freshman
Favorite hockey player: Brandon Saad
Favorite non-hockey activity: Sleeping
Favorite food: Tacos
Dream job: No job



44 -Teddy Economos
Forward / Senior
Favorite hockey player: Peter Forsberg
Favorite non-hockey activity: Golf
Favorite food: Steak
Dream job: Electrical Engineer
Nickname: Econ



26 -Charlie Gearing
Forward / Sophomore
Favorite hockey player: Patrick Kane
Favorite non-hockey activity: Snowboarding
Favorite food: Pasta
Dream job: Photographer

Junior Varsity



24 -Nick Guerino
Forward / Freshman
Favorite hockey player:
TJ Oshie
Favorite on-hockey activity:
Skateboarding
Favorite food:
McDonald's Sausage McGriddle
Dream job:
NHL player



19 -Sam Guillot
Defense / Freshman
Favorite hockey player:
Scott Stevens
Favorite non-hockey activity:
Making scrambled eggs
Favorite food:
Baked potatoes
Dream job:
Filming movies
Nickname:
SG



7 -Andrew Johnson
Forward / Junior
Favorite hockey player:
Patrick Kane
Favorite non-hockey activity:
Watching hockey
Favorite foods:
Nachos and pizza
Dream job:
NHL player
Nickname:
AJ



65 -Anders Lempia
Defense / Freshman
Favorite hockey player:
Evgeni Malkin
Favorite non-hockey activity:
Reading
Favorite food:
Spaghetti and meatballs
Dream job:
Something fun
Nickname:
Hans



54 -Hunter Malley
Defense / Sophomore
Favorite hockey player:
PK Suban
Favorite non-hockey activity:
Lacrosse
Favorite food:
Eggo waffles
Dream job:
Computer engineering/
Game designer



11 -Owen Metric
Forward / Freshman
Favorite hockey player:
Jonathan Toews
Favorite non-hockey activity:
Soccer
Favorite food:
Tacos
Dream job:
Dentist
Nickname:
Nemo



27 -Kelly Moran
Forward / Freshman
Favorite hockey player:
Martin St. Louis
Favorite non-hockey activity:
Netflix and chill
Favorite food:
Pizza
Dream job:
Plumber



55 -Glendon Opalski
Forward / Sophomore
Favorite hockey player:
Claude Giroux
Favorite non-hockey activity:
Dryland
Favorite food:
Hamburger
Dream job:
Engineer

Junior Varsity



5 -Harrison Proctor
Defense/ Freshman
Favorite Hockey Player:
Duncan Keith
Favorite non-hockey activity:
Hanging out with friends
Favorite food:
Pizza
Nickname:
Harry



61 -Conor Roy
Forward / Freshman
Favorite hockey player:
Alexander Ovechkin
Favorite non-hockey activity:
Hanging with friends
Favorite food:
Pizza
Dream job:
NHL player



83 -Sam Seltzer
Forward / Sophomore
Favorite hockey player:
Ales Hemsky
Favorite non-hockey activity:
Hanging out with friends
Favorite food:
Pasta
Dream job:
Teacher
Nickname:
Seltz



20 -Coleman Sitzman
Forward / Sophomore
Favorite hockey player:
Brandon Saad
Favorite non-hockey activity:
Playing other sports
Favorite food:
Sushi
Dream job:
Sports agent
Nickname:
Sitzy



82 -Kevin Vanek
Defense / Sophomore
Favorite hockey player:
Tom Wilson
Favorite non-hockey activity:
Feeding/getting quads
Favorite food:
Churros
Dream job: Trainer /MLG

2015-2016 Junior Varsity



Don't let anyone tell you what you can or cannot achieve. Prove them wrong. -Jonathan Toews



2015-2016 Junior Varsity





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THE GAME

Hockey is one of the fastest games on earth and is very easy to understand once you have a working knowledge of hockey’s three basic rules (**icing, offside, offside pass**). These rules are designed to cut down on stalling, encourage teamwork and maintain the speed of the game.

Hockey games last approximately 60 minutes and are divided into three 17 minute **periods** (for High School). If games are tied, a 5 minute sudden death period is played. If the score remains tied after the overtime period, the game ends in a tie.

A team scores a **goal** when one of its players shoots the puck into his opponent’s net with his stick. Players who help set-up a goal get an **assist**, but only two assists can be scored on a goal.

Each team places six players on the ice during normal situations. This is called **even strength**. When a penalty is called, the players who commits the infraction enters the **penalty box** for a specified amount of time. The team that gains the advantage is said to be on the **power play**. The team whose players was called for the penalty is said to be **shorthanded**. Thus, a team scoring with a man advantage scores a **power play goal** and a team scoring with one of its players in the penalty box scores a **shorthanded goal**. No team is forced to play more than two men below even strength at any time. On penalties called against the goalkeeper, a teammate serves his time in the penalty box.

Substitutions occur when teams **change lines**, which are set player combinations. A line is composed of a **left wing** – a **center** – and a **right wing**. Defensemen also have lines that consist of a **left defense** – and **right defense**. The **goaltender** remains on the ice at all times during the game. Teams usually carry four offensive lines and four defensive lines. **Shifts**, which is how long a line is on the ice before being substituted for, don’t last very long. **Line changes** can be made during stoppages in play or **on the fly**, while the game is still in progress.

PLAYERS

Hockey is played with six players on the ice for each team; five skaters, one goaltender. The typical roster size of a hockey team is twenty players; twelve forwards, 6 defensemen, and two goaltenders.

GOALKEEPER: Perhaps the toughest position in all of sports, the goalie is the one player who can control a team’s confidence. His job is to keep the puck out of the net, and if he’s good, he can take his team a long way. Good goalies win championships.

DEFENSEMEN: A team at full strength has two — one on the left side and another on the right. Nowadays, there are three primary kinds of defensemen. One is creative and offensive-minded; he likes to handle the puck and lead the team up ice, but is not too physical. Another is defensive-minded, a stay-at-home bruiser who plays a physical game and doesn’t often venture out of his zone with the puck. And there are those rare athletes who are a combination of the two.

CENTER: He quarterbacks his club at both ends of the ice. Must be good at face-offs and passing, and it doesn’t hurt if he’s a good shot as well. Coaches want a lot of creativity in this position — and a lot of hockey smarts.

RIGHT WING: He works the right side of the ice for the most part. He needs to be a physical player who is good along the boards and in the corner. He is responsible for the opposition’s left defenseman in the defensive zone.

LEFT WING: Traditionally a left-handed shot, but the NHL is seeing more right-handers playing this position now, a practice picked up from the Europeans. A right-hander has a better angle to shoot from when he’s coming in on his wing. Like the right wing, he needs to be able to dig out the puck from the corners and battle in front of the net.

OFFICIALS

REFEREES: The referee supervises the game, calls penalties, determines goals and administers faceoffs at center ice to start each period.

LINESMEN: Two linesmen are used per game and they call offsides, offsides passes, icing the puck, and handle all faceoffs but those at center ice. They do not call penalties but can recommend to the referee that a penalty be called.

PENALTIES

MINOR PENALTY: TWO MINUTE infraction and is called for:

- boarding
- charging
- elbowing
- roughing
- holding
- hooking
- tripping
- spearing
- slashing

MAJOR PENALTY: FIVE MINUTE infraction and is called for fighting or when minor penalties are committed with deliberate attempt to injure. The following major penalties carry automatic game misconducts:

- butt-ending
- cross-checking
- high-sticking
- spearing
- slashing

MISCONDUCT: TEN MINUTE infraction levied for various forms of unsportsmanlike conduct, or when a player incurs a second major penalty in the same game. This is a penalty against an individual and not a team, so a substitute is permitted.

DELAYED PENALTY: When a referee calls a penalty on the defense and the offense maintains possession of the puck the whistle signaling the penalty is delayed until the penalized team regains possession.

GLOSSARY
























BACK CHECKING: A forward coming back into his defensive zone to check an opponent off the puck.

BACKHANDLER: Any shot or pass made with the stick turned around.

BOARDING: To ride or drive an opponent into the dasher boards. Can result in a minor or major penalty.

BODY CHECK: Use of the body on an opponent. It is legal when the opponent has possession of the puck or was the last player to have touched it.

(Continued)

					
BOARDING /MINOR When a player uses any method (body check, elbow, or tripping) to throw an opponent into the boards.	BUTT-ENDING When a player who uses the butt-end of his stick to hit an opponent.	CHARGING /MINOR When a player who runs, jumps into or charges an opponent, including the goalie, to make a body check.	CONTACT to HEAD When any player contacts an opponent in the head, face or neck.	CROSS-CHECKING When a player makes a check with both hands on the stick.	DELAY of PENALTY When a penalty occurs, The Referee may signal a Delayed Penalty until the offending team gains possession of the puck.
					
DELAY OF GAME Deliberately shooting or batting the puck outside the playing area or displacing the goals from there normal position.	ELBOWING /MINOR When a player who uses their elbow in any way to foul an opponent.	ROUGHING /MINOR When a player who subjects an opponent to intentional and unnecessary roughness.	HAND PASS Play will be stopped when a player illegally passes the puck with their hand.	HIGH STICKING When a player lifts the stick above shoulder height and hits an opponent.	HITTING from BEHIND Player checks an opponent in the back when they are unaware of the hit coming, usually into the boards. A check from behind is a penalty and can lead to an ejection, depending on the severity of the hit
					
HOLDING /MINOR When a player who grabs and holds onto an opponent (or his stick) with his hands or arms to impede the opponent’s progress.	HOLDING the STICK Player intentionally holds an opposing player’s stick in his hands (or any part of his body).	INTERFERENCE When a player interferes with or impedes the progress of an opponent who does not have the puck.	HOOKING /MINOR Using the blade of the stick to pull or tug an opponent by his body or stick.	ICING When a player shoots the puck across both the centre red line and the opposing team’s goal line, and the puck remains untouched.	UNSPORTSMANLIKE CONDUCT Player who, in the Referee’s judgment, does something unsportsmanlike.
					
TRIPPING /MINOR Player places their stick, or a part of their body, under or around the feet or legs of an opponent causing the opponent to lose their balance.	KNEEING When a player who uses their knee in any way to foul an opponent.	MISCONDUCT When player continues a fight after it has been stopped, or getting involved in a fight. Or the use of profanity towards an Official.	SPEARING /MINOR When a player stabs at an opponent with the blade of his stick, whether he makes contact or not.	SLASHING /MINOR When a player who swings his stick at an opponent, whether or not contact is made.	

CHARGING: Skating three strides or more and crashing into an opponent, illegal and calls for a penalty.

CHECKING: Defending against or guarding an opponent. On a line, right wing checks the other team's left wing and left wing checks the opposing right wing. Centers check each other. A checking call requires harassing an opposing skater with the aim of making him surrender the puck.

CREASE: The area directly in front of the goaltender. It is four feet wide and eight feet long and marked off by red lines and is painted light blue. Offensive players who do not have possession of the puck may not enter.

DEKE: To fake an opponent out of position.

EMPTY NETTER: A goal scored after the opposition has pulled its goalie as an extra skater.

FACEOFF: The dropping of the puck between one player from each team to start or resume play.

FORECHECK: To check an opponent in his end of the rink, preventing an offensive rush.

FREEZING THE PUCK: To hold the puck against the boards with either the stick or skate to get a stoppage of play.

GOAL LINE: The red line which runs between the goal posts and extends in both directions to the side boards.

GOAL MOUTH: The area just in front of the goal and crease lines.

HAT TRICK: The scoring of three or more goals by a player in one game. A natural hat trick occurs when a player scores three consecutive goals.

ICING THE PUCK: Shooting the puck from behind the center red line across an opponent's goal line. Usually done to break up an attack and ease pressure. The puck is brought back and a faceoff takes place in the defensive zone of the team that is shorthanded because of a penalty.

INTERFERENCE: Body contact with a player not in possession of the puck, or one who was not the last player to touch the puck. Also called for knocking an opponent's fallen stick out of his reach. Illegal and calls for a minor penalty.

ONE-TIMER: Shooting the puck directly after receiving a pass. The offensive player starts his backswing while the puck is on its way to him and tries to time his swing with the arrival of the puck.

PENALTY BOX: The area opposite the team benches where penalized players serve time.

POWER PLAY: A power play occurs when a team has a one- or two-man advantage because of the opponent's penalties.

PULLING THE GOALIE: When one team replaces its goaltender with an extra skater. This can occur when a team trails, usually by one goal, in the final minutes of a game. It is a high-risk attempt to tie the game.

SAVE: A shot blocked by the goaltender, which would have been a goal if not stopped.

SCREENED SHOT: Occurs when a goaltender's view is blocked by players between him and the shooter.

SLAP SHOT: Hitting the puck with the blade of the stick after taking a full backswing.

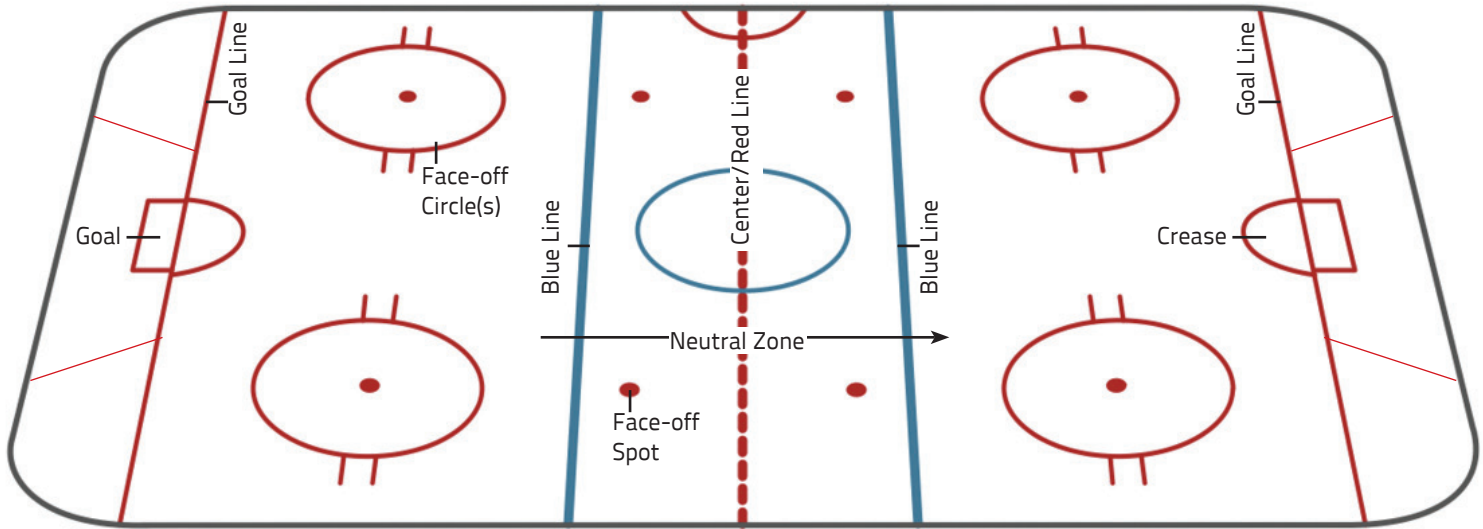
SLOT: A prime scoring area located between the faceoff circles and in front of the goal.

STICK HANDLING: To control the puck along the ice.

TOP SHELF: Term used to describe when an offensive player shoots high in an attempt to beat the goaltender by putting the puck in the top part of the net.

WRAPAROUND: When a player skates from one side to the other of the goal, from behind the goal, and tucks the puck into the other side of the goal before the goaltender recovers to be in position.

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2015-2016 SCHEDULE

SUN SEPT 27	FRI OCT 2	SAT OCT 3	SUN OCT 4	FRI OCT 9	SUN OCT 11	FRI OCT 16	SAT OCT 17	SUN OCT 18	FRI OCT 23	SUN OCT 25	FRI OCT 30	SAT OCT 31	SUN NOV 1	FRI NOV 13	SUN NOV 15
OPRF Huskies JUNIOR VARSITY —VS— Lincolnway Hockey 4:00 PM Oak Park <i>Ridgeland Commons</i>	OPRF Huskies JUNIOR VARSITY —VS— Sandburg Eagles 9:05 PM Naperville <i>All Seasons Ice</i>	OPRF Huskies JUNIOR VARSITY —VS— Hinsdale Central 6:10 PM Darien <i>Darien Sportsplex</i> OPRF Huskies VARSITY —VS— Hinsdale Central 7:50 PM Darien <i>Darien Sportsplex</i>	OPRF Huskies VARSITY —VS— Naperville Central 4:00 PM Oak Park <i>Ridgeland Commons</i> OPRF Huskies JUNIOR VARSITY —VS— Naperville Central 5:45 PM Oak Park <i>Ridgeland Commons</i>	OPRF Huskies JUNIOR VARSITY —VS— Glenbard Hockey 9:05 PM Naperville <i>All Seasons Ice</i>	OPRF Huskies JUNIOR VARSITY —VS— TBD 4:00 PM Oak Park <i>Ridgeland Commons</i>	OPRF Huskies VARSITY —VS— Providence Catholic 8:30 PM Orland Park <i>Arctic Ice Arena</i> OPRF Huskies JUNIOR VARSITY —VS— Wheaton West 9:05 PM Naperville <i>All Seasons Ice</i>	OPRF Huskies VARSITY —VS— Wheaton West 6:10 PM Darien <i>Darien Sportsplex</i>	OPRF Huskies VARSITY —VS— Waubonsie Warriors 4:00 PM Oak Park <i>Ridgeland Commons</i> OPRF Huskies JUNIOR VARSITY —VS— Waubonsie Warriors 5:45 PM Oak Park <i>Ridgeland Commons</i>	OPRF Huskies VARSITY —VS— Plainfield Predators 8:50 PM Naperville <i>All Seasons Ice</i> OPRF Huskies JUNIOR VARSITY —VS— Lyons Lions 9:30 PM Darien <i>Darien Sportsplex</i>	OPRF Huskies VARSITY —VS— Neuqua Valley Wildcats 4:00 PM Oak Park <i>Ridgeland Commons</i> OPRF Huskies JUNIOR VARSITY —VS— Neuqua Valley Wildcats 5:45 PM Oak Park <i>Ridgeland Commons</i>	OPRF Huskies VARSITY —VS— Naperville Central 8:50 PM Naperville <i>All Seasons Ice</i>	OPRF Huskies JUNIOR VARSITY —VS— Lincolnway Hockey 6:10 PM Darien <i>Darien Sportsplex</i>	OPRF Huskies VARSITY —VS— Naperville North 4:00 PM Oak Park <i>Ridgeland Commons</i> OPRF Huskies JUNIOR VARSITY —VS— Naperville North 5:45 PM Oak Park <i>Ridgeland Commons</i>	OPRF Huskies VARSITY —VS— Neuqua Valley Wildcats 8:50 PM Naperville <i>All Seasons Ice</i>	OPRF Huskies JUNIOR VARSITY —VS— TBD 6:30 PM Addison <i>Addison Ice Arena</i> OPRF Huskies VARSITY —VS— Naperville Central 8:10 PM Naperville <i>All Seasons Ice</i>
SAT NOV 21	SUN NOV 22	FRI DEC 4	SUN DEC 6	FRI DEC 11	SAT DEC 12	FRI DEC 18	SUN DEC 20	FRI JAN 1	SAT JAN 2	SUN JAN 3	FRI JAN 8	SUN JAN 10	SUN JAN 17	FRI JAN 22	SUN JAN 24
OPRF Huskies VARSITY —VS— Lyons Lions 9:30 PM Darien <i>Darien Sportsplex</i>	OPRF Huskies VARSITY —VS— Wheaton West 4:00 PM Oak Park <i>Ridgeland Commons</i> OPRF Huskies JUNIOR VARSITY —VS— Wheaton West 5:45 PM Oak Park <i>Ridgeland Commons</i>	OPRF Huskies JUNIOR VARSITY —VS— York Dukes 7:05 PM Addison <i>Addison Ice Arena</i> OPRF Huskies VARSITY —VS— York Dukes 8:40 PM Addison <i>Addison Ice Arena</i>	OPRF Huskies VARSITY —VS— York Dukes 4:00 PM Oak Park <i>Ridgeland Commons</i> OPRF Huskies JUNIOR VARSITY —VS— York Dukes 5:45 PM Oak Park <i>Ridgeland Commons</i>	OPRF Huskies JUNIOR VARSITY —VS— Naperville Central 8:50 PM Naperville <i>All Seasons Ice</i>	OPRF Huskies JUNIOR VARSITY —VS— Naperville North 4:35 PM Naperville <i>All Seasons Ice</i> OPRF Huskies VARSITY —VS— Naperville North 6:15 PM Naperville <i>All Seasons Ice</i>	OPRF Huskies VARSITY —VS— Lincolnway Hockey 9:30 PM Darien <i>Darien Sportsplex</i> OPRF Huskies JUNIOR VARSITY —VS— Plainfield Predators 9:05 PM Naperville <i>All Seasons Ice</i>	OPRF Huskies VARSITY —VS— Sandburg Eagles 4:00 PM Oak Park <i>Ridgeland Commons</i> OPRF Huskies JUNIOR VARSITY —VS— Sandburg Eagles 5:45 PM Oak Park <i>Ridgeland Commons</i>	OPRF Huskies VARSITY —VS— Glenbard Hockey TBD Cicero <i>Bobby Hull Ice Rink</i> OPRF Huskies JUNIOR VARSITY —VS— Neuqua Valley Wildcats 12:00 PM Elmhurst <i>Elmhurst YMCA</i>	OPRF Huskies JUNIOR VARSITY —VS— Waubonsie Warriors 4:35 PM Naperville <i>All Seasons Ice</i> OPRF Huskies VARSITY —VS— Waubonsie Warriors 6:15 PM Naperville <i>All Seasons Ice</i>	OPRF Huskies VARSITY —VS— Plainfield Predators 4:00 PM Oak Park <i>Ridgeland Commons</i> OPRF Huskies JUNIOR VARSITY —VS— Plainfield Predators 5:45 PM Oak Park <i>Ridgeland Commons</i>	OPRF Huskies VARSITY —VS— Sandburg Eagles 9:30 PM Darien <i>Darien Sportsplex</i>	OPRF Huskies VARSITY —VS— Hinsdale Central 4:00 PM Oak Park <i>Ridgeland Commons</i> OPRF Huskies JUNIOR VARSITY —VS— Hinsdale Central 5:45 PM Oak Park <i>Ridgeland Commons</i>	OPRF Huskies VARSITY —VS— Lyons Lions 4:00 PM Oak Park <i>Ridgeland Commons</i> OPRF Huskies JUNIOR VARSITY —VS— Lyons Lions 5:45 PM Oak Park <i>Ridgeland Commons</i>	OPRF Huskies VARSITY —VS— Plainfield Predators 8:50 PM Naperville <i>All Seasons Ice</i>	OPRF Huskies VARSITY —VS— Glenbard Hockey 4:00 PM Oak Park <i>Ridgeland Commons</i> OPRF Huskies JUNIOR VARSITY —VS— Glenbard Hockey 5:45 PM Oak Park <i>Ridgeland Commons</i>

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Last year's 2014 Toys for Tots event (below) was a great success with over 1,000 toys collected to share with children throughout Chicagoland.



OPRF 'HUSKIES' + YORK 'DUKES'

WHAT: **Toys for Tots and Checks for Hunger Food Drive**
WHEN: **Friday, December 4, 2015 / Sunday, December 6, 2015**
WHERE: **Addison Ice Arena and Ridgeland Commons**

For the third year-in-a-row, the OPRF Hockey Club will partner with York Hockey to provide toys for children and to collect food for families in need during the holiday season.

Huskies Hockey players will deliver new, unwrapped toys to the Addison Ice Arena on Friday, December 4th for York Hockey's Toys For Tots collection. Last year's event was a great success with over 1,000 toys collected to share with children throughout Chicagoland.

Players and parents from York Hockey will deliver food to Ridgeland Common on Sunday, December 6th for the Hockey Checks Hunger Food Drive.

Is York a big rival? Yes. Do we want to beat them? Without a doubt. However, off the ice, the clubs are working together to make the holidays a little brighter for families in northern Illinois.



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Last year (below), the Hockey Checks Hunger Food Drive collected over 16,000 lbs. of food. The Huskies and Ice Bears are asking everyone in Oak Park and River Forest to help provide even more food for families in need during the 2015 holiday season!



HOCKEY CHECKS HUNGER 2015

WHAT: **OPRF Huskies Hockey Club Partners with the Park District of Oak Park's Ice Bears to Fight Hunger**
WHEN: **Morning of Saturday, December 5, 2015**
WHERE: **Oak Park & River Forest**

Hunger may not seem like an issue in our community, but in Oak Park alone, it is estimated that thousands of individuals don't know where their next meal is coming from.

The Huskies and Ice Bears will deliver door hangers to residences throughout Oak Park and River Forest starting December 2nd. Donated items will be picked up from front porches the morning of Saturday, December 5th and delivered to the Oak Park River Forest Food Pantry (located in the lower level of First United Church at Lake and Kenilworth) starting at 2:00pm.

Items urgently needed for local families include pasta, canned soup, cereals, peanut butter, rice and beans. Food drives, especially during the holiday season, are important to help meet demand. And despite an improving economy, the Oak Park River Forest Food Pantry will serve over 10,000 families in 2015.



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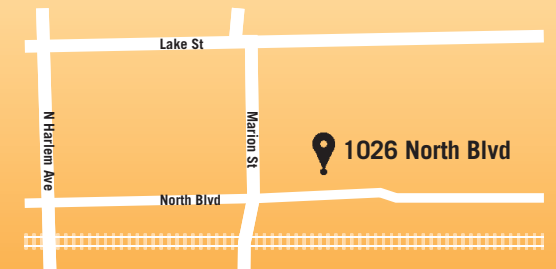
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HUSKIES SPOTLIGHT

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Left to Right: Mike DeAlba #10 (Lisa DeAlba); PJ Gonzalez #13 (Dawn Gonzalez); Ben Ostler #1 (Jo Bond-Ostler); Avery Andersen #57 (Holle Andersen); and Harrison Proctor #5 (Linda Proctor).

BEST OF LUCK to the OPRF Hockey Huskies!

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THE HUSKIE BOOSTER CLUB is the the primary school-wide parent organization celebrating and supporting OPRF High School student Academics, Activities, Arts and Athletics. Each year we support student programs with more than \$50,000 in appropriations for needed equipment and materials.

The Booster Club meets the first Wednesday of every month at 7 pm in the staff cafeteria. All parents are welcome.

SAVE THE DATE! April 23, 2016



THE OPRF HUSKIE BOOSTER CLUB ANNUAL AUCTION



Photo: George Rorres



The Varsity Huskies finish the 2014-2015 season with a 21-19-3 record, including a first place finish at the Irish South Bend Cup.

VARSITY WINS 'FOUNDERS CUP'

WHAT: OPRF Edges Lyons Township to Win Founders Cup Championship

WHEN: Sunday, March 1, 2015

WHERE: Darien Sportsplex Ice Arena

The Oak Park and River Forest Huskies Hockey Varsity Team won the 2015 Founders Cup Championship with an exciting 4-3 victory over league rival Lyons Township on Sunday, March 1 at the Darien Sportsplex.

The Lions got off to a fast start, outshooting the Huskies 17-9 in the first period. Not surprisingly, LT took a commanding 3-0 lead into the second period thanks to a steady stream of OPRF players skating to the penalty box. The tide started to turn when George Brennan found the back of the net with 8:20 remaining in the second period. More importantly, shots-on-goal was even at 27-apiece as time expired in the second. The Huskies took control of the game in the third period. Blaine Burkett scored back-to-back goals to tie the game, his second tally coming during a 2-man advantage. Spencer Smith scored the game-winner with just 12.7-seconds left in regulation and the Huskies held on for a thrilling 4-3 win in front of a large and thoroughly entertained crowd.

Source: Roy Phifer, oakpark.com/News/Articles



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The snow will be falling in Oak Park, which can only mean one thing...the annual OPRF Hockey Alumni Game is just around the corner. All are invited to come watch some of the greatest OPRF Huskies battle it out on the ice!

If you're an OPRF Hockey alum, who would like to play, please visit oprfhuskies.com for details and registration information. We'll see you at the rink!

HOCKEY LINGO

BACKCHECKING: Forwards in the attacking zone skate back to their own end to prevent opponent's shots on goal.

BISCUIT: A common term for a hockey puck.

BASKET: What the biscuit goes into. Actually, it's the goal.

BREAKOUT: The play used by the attacking team to move the puck out of its own zone and up the ice toward the opponent's goal.

CELLY: A celebration after a goal is scored.

CHERRY PICKING: When a player, generally a forward, hangs out behind the play waiting for an outlet pass.

DUMP AND CHASE: A style of hockey where a team shoots the puck into one of the corners of the offensive zone and then pursues it. This is opposed to carrying the puck into the zone.

FIVE-HOLE: The hole between the goalie's leg pads.

FLOW: Great hockey hair, typically long that flows out of the helmet when the player skates. (Lettuce works, too.)

HAT TRICK: When a player scores three goals in a game.

LASER: A hard, accurate shot.

MAN ON: When a player is chasing a loose puck and has his back to the rest of the ice his coaches and team mates will yell 'Man On' if an opposing player is in close pursuit.

MITTS: Refers to a player's hands, often described as silky when a player has great skill. Also as in 'dropping the mitts' in a fight.

PIPE: The pipe is the goalpost.

POINT: A position just inside the blueline usually occupied by a defenseman when their team is in control of the puck.

POKE CHECK: Trying to knock the puck away from an opponent by stabbing at it with the blade of the stick.

REFEREE'S CREASE: The 10'-2" Official sanctuary from all players when he skates to the timekeeper.

SAUCER PASS: A saucer pass is an airborne pass from one player to another – puck resembles a flying saucer in mid air.

SIN BIN: Where a player goes after he is called for a penalty. Also simply known as the penalty box.

SLOT: The prime scoring area up the middle of the ice.

TOP SHELF: Placing a shot in the top quarter of the net.

WRAPAROUND: A player skates behind the opposing goal and attempts to wrap the puck around the goal post and into the net.

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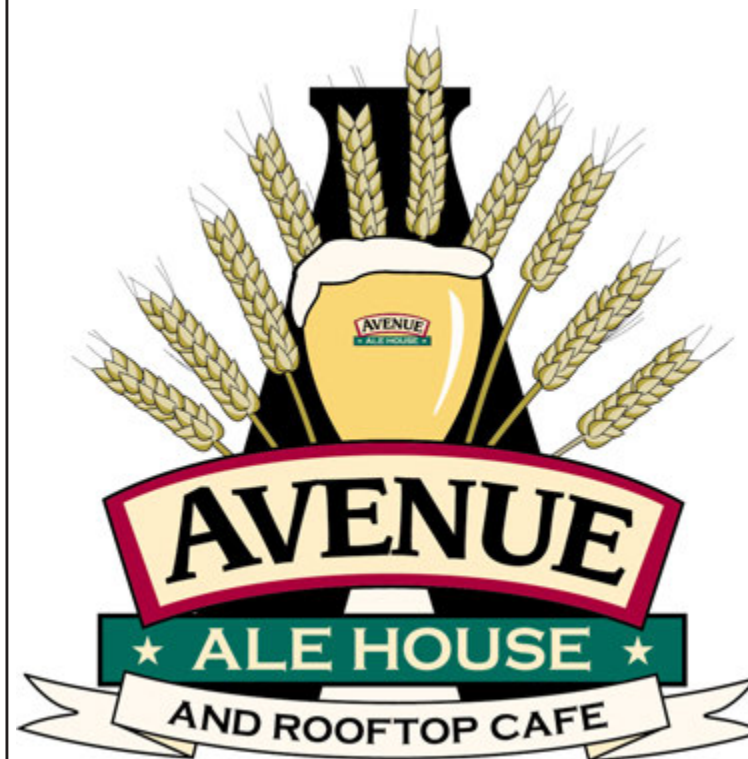
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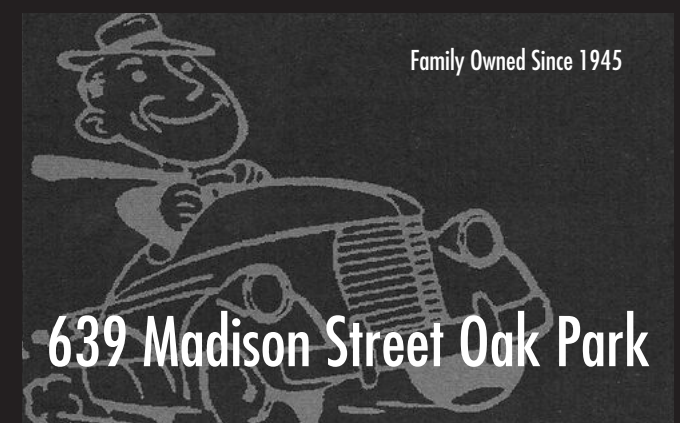
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...not one of the Healys

Last year's competition to benefit the Chicago Hornets Sled Hockey team – helping those 5-20 years of age with physical disabilities to enjoy hockey!



ANNUAL BENEFIT EVENT

WHAT: Competition to Benefit the Chicago Hornets Sled Hockey Program
WHEN: Saturday, December 26, 2015 at 2:45 PM
WHERE: Ridgeland Common Ice Arena, Oak Park

The Chicago Hornets are a Youth Sled Hockey team consisting of kids ages 5-20 whom have physical disabilities yet are determined to play ice hockey. As almost all children do, they want the opportunity to participate in sports and feel the camaraderie of being part of a team. In some cases it's not even to play hockey; for some, it is their only freedom outside a wheelchair or walker.

OPRF Huskies Hockey Club players will be fitted with specially designed metal sleds and sticks to 'level the playing field' against a premier sled hockey club that sent two players to the Winter Paralympics in Sochi where the USA defeated Russia to bring home the gold. Advantage Hornets!

—OPRF HUSKIES HOCKEY—
 Brian Cassidy was awarded the Bolin-Cooper Scholarship



THE BOLIN-COOPER SCHOLARSHIP

2015 RECIPIENT—BRIAN CASSIDY

Gone yet not forgotten. The Bolin-Cooper scholarship honors the memory of former Hockey Club players Kevin Bolin, who died in 2001, and John Cooper, who died in 1979. The fund offers renewable, four-year scholarships to graduating seniors on the Huskies Hockey team who exhibit leadership, strong work ethic, and commitment to the game of hockey — qualities exemplified by the scholarship's name sakes. Eligible seniors will have played for the club at least two years. Applications will be available through the coaches after the first of the year.

Previous Recipients:

2014 Nicholas DeAlba, Bryan Mooney
 2013 Brian Wilson
 2012 Patrick Cusak and Daniel Javor
 2011 Jack Montroy
 2010 Morgan McCall
 2009 Luke Javor
 2008 Kyle Shelgren, Kelsey Rey

2007 Jack Brofman
 2006 Robert Grayson
 2005 Ben Meyerson
 2004 Pat Mathieu, Jake Reuter, Bryan Sieminski, Paul Sisco
 2003 Nick Hobbs, Marc Bell
 2002 Dan Raspatello

—OPRF HUSKIES HOCKEY—
 Leading the League in students eligible for the Illinois West All-Academic Team



ILLINOIS HIGH SCHOOL HOCKEY LEAGUE

Awards Include: "Leadership Award;" "All Conference Varsity and Junior Varsity Teams;" "Rookie of the Year;" "Sportsmanship Award;" "Humanitarian and Community Service;" "Outstanding Academic Achievement;" "Outstanding Leadership, Coaching and Dedication;" and "Outstanding Dedication and Support of Your Club"

AWARDS & ACADEMIC HONORS

Our student-athletes continually strive to set the standard for performance on the ice, in the classroom, and by their conduct. We never settle for less than our best! Each season the Illinois West High School Hockey League honors student-athletes, coaches, and volunteers who stand out among their peers. Last season two of our players were honored by the League:

Illinois West JV All Rookie Team Selection:

Coleman Sitzman

Illinois West President's Award:

Brian Cassidy

And if that weren't enough! Last year over 70% of Huskies Hockey student-athletes carried at least a 3.0 GPA during the season, leading the League in students eligible for the Illinois West All-Academic Team for the 2nd straight year.

Recognition for Academic Achievement:

Russell Alger
 Will Anderson
 Zach Batia
 Max Bonaccorsi
 George Brennan
 Liam Burns
 Brian Cassidy
 Mike DeAlba
 Teddy Economos

Duncan Goeden
 PJ Gonzalez
 Daniel Johnson
 Paul Kovatchis
 Hunter Malley
 Riley Moran
 Glendon Opalski
 Ben Ostler
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FUN FACTS

WHAT IS THE PUCK MADE OF? The puck is made of vulcanized rubber and is three inches in diameter and one inch thick, weighing about six ounces. It is frozen before entering play to make it bounce resistant.

HOW FAST DOES THE PUCK TRAVEL? Some of the game's hardest shooters send the puck toward the net at speeds between 90 and 100 mph with the elite shooters easily topping the century mark. Making things even more difficult on the goalie is the puck will frequently curve in flight, much like a baseball.

WHICH SHOT IS THE HARDEST FOR A GOALIE TO STOP? Generally speaking, it is one that's low and to the stick side. Some goaltenders overplay to the stick side, presenting a more inviting target on the glove side.

WHAT ABOUT DEFLECTIONS? Deflections aren't just luck. Players practice redirecting shots by standing at the side of the net and knocking a shot from the outside past the goalie into another area of the goal.

WHICH IS TOUGHER FOR THE GOALIE TO STOP A SLAP SHOT OR A WRIST SHOT? The slap shot, while it is harder and faster, is easier for the goalie to time than a wrist shot, which takes the goalie more by surprise.



HOW THICK IS THE ICE? The ice is approximately 3/4" thick and is usually kept at 16 degrees for the proper hardness. The thicker the sheet of ice becomes, the softer and slower it is.

WHAT ARE HOCKEY STICKS MADE OF? Hockey sticks are made of wood, generally northern white ash or rock elm, or aluminum. The handle is one piece and the laminated wooden blade is affixed to it.

ARE ALL STICKS ALIKE? Far from it. Just as baseball players have individually personalized bats, so too do hockey players have their own patterned sticks. Flexibility, the angle of the blade, weight, etc., vary from player to player.

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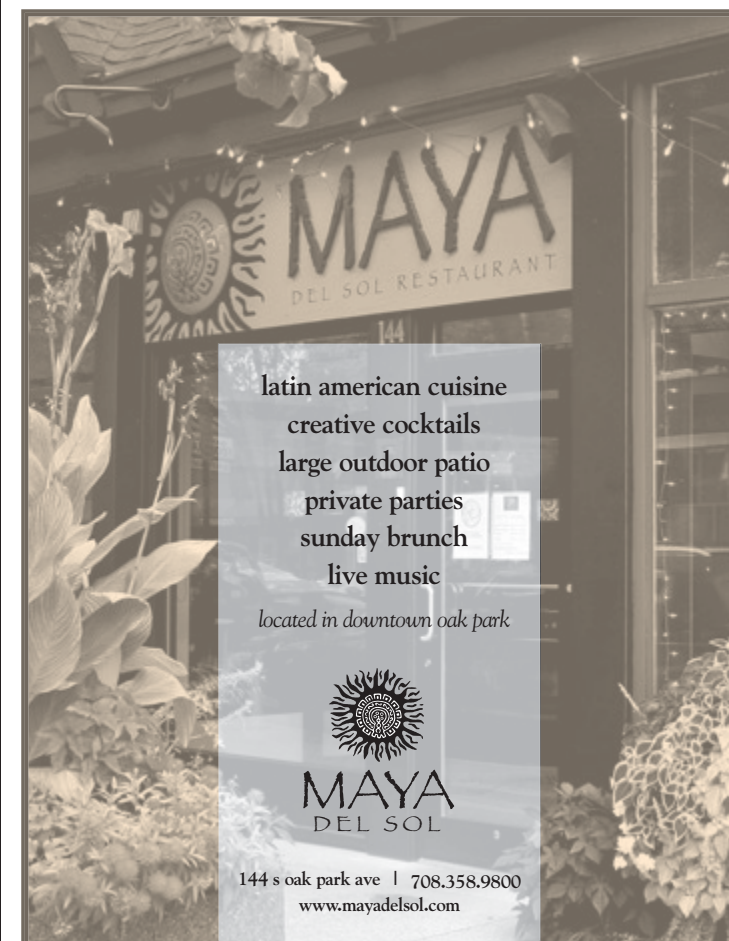
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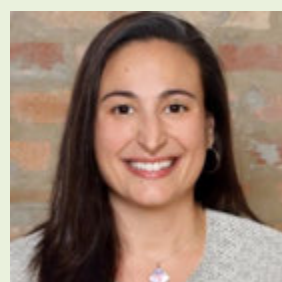
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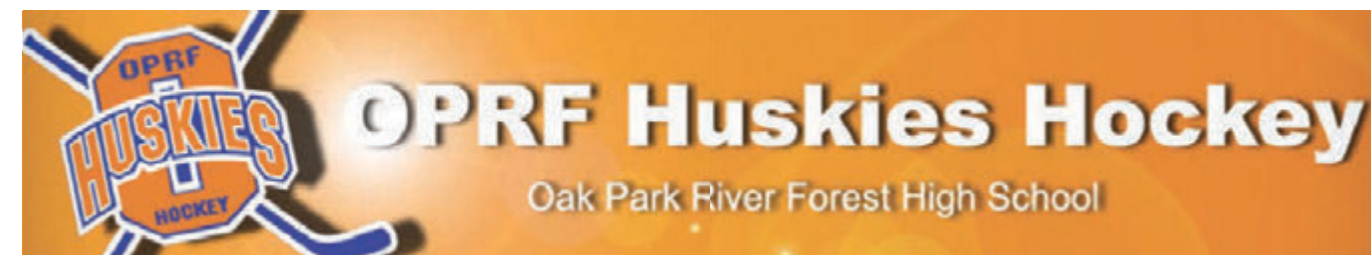
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Wayne Gretzky



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Grey Small, #16

Grey Small suffered a sudden cardiac arrest on a Sunday, October 5th 2014. Grey had just warmed up with his OPRF Huskies Hockey team at Paul Hruby Ice Arena when he collapsed. Emily Petersen, a nurse practitioner, jumped into action by performing chest compressions during CPR – requiring a shock from an Automated External Defibrillators (AED). Later that same month, the Chicago Blackhawks presented Emily Petersen with their volunteer of the month award for saving Grey Small's life. Coincidentally Emily also cared for Grey in the hospital when he was transferred to Ann and Robert H. Lurie Children's Hospital of Chicago cardiac unit. Today, Grey hopes to raise awareness about getting involved with and encouraging others to perform chest compressions and use AED's if someone collapses in heart distress. Grey also speaks on occasion for 'Young Hearts for Life,' the largest youth heart screening program in the United States!

Bringing Free Cardiac Screening to OPRFHS Students in 2016



OPRF HUSKIES HOCKEY CLUB

