

POTSDAM

MEN'S ICE HOCKEY

2009-10 Team Guide



Connor Treacy - Captain



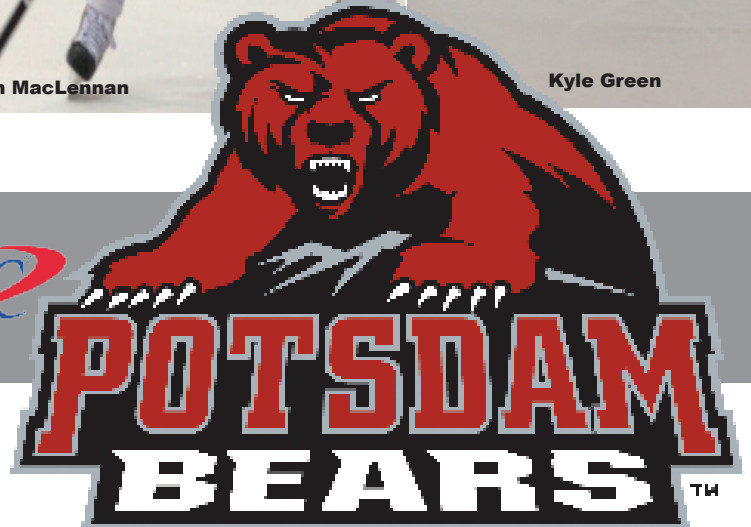
Patrick Choules



Colin MacLennan



Kyle Green



Athletic Facilities

The SUNY Potsdam athletic facilities are centered around and within Maxcy Hall. The multi-million dollar facility was built in 1971 and has undergone several major revisions since then. It is considered one of the finest sports complexes in the country.

At the heart of Maxcy is the Bears' 2,500 seat ice arena, as well as, the 3,600 seat Jerry Welsh Gymnasium. Maxcy also houses a natatorium with an Olympic-sized swimming pool and a 33,000 square foot fieldhouse.

On the buildings third floor is the 8000 square foot Shane T. Shaul Fitness Center which was completely remodeled this fall.

Fifty acres of athletic fields surround Maxcy including the recently build all-weather AstroTurf N field. The turf field serves as the home for both lacrosse and soccer events.

A new women's softball field was also recently added while the tennis courts have been completely remodeled to include lights and a new court surface.



NEXT TURF FIELD



SOFTBALL FIELD



ICE ARENA



TENNIS COURTS



JERRY WELSH GYM



SWIMMING POOL

ATHLETIC DEPARTMENT CONTACTS

Athletic Director: Jim Zalacca.....zalaccja@potssdam.edu...267-2314
Director of Programs and Operations: Jamey Hoose.....hoosejo@potssdam.edu...267-2305
Assistant Athletic Director: Bill Mitchell.....mitchewj@potssdam.edu...267-2307
Athletic Trainer: Chris Jorstad.....jorstacj@potssdam.edu...267-2304
Assistant Athletic Trainer: Heather Pike.....keithha@potssdam.edu...267-2304
Department Secretary: Sharon Mourick Logan.....logansa@potssdam.edu...267-3484
Department Fax.....267-2316
Sports Information Director: TBA.....
Assistant Sports Information Director: David Heberger.....hebergjd@potssdam.edu...267-3476
Sports Infoamtion Fax ... 315-267-3370 **Sports Hotline**...315-267-2152 **Web Site** ...www.potssdam.edu/sports

HOCKEY CONTACTS

Head CoachChris Bernard
Office Phone.....267-2518
E-mail bernarcd@potssdam.edu
Career Record/Years..... 1st Year
Assistant Coach..... Tim Crowley
Academic Coordinators John Horan
 Dr. Anthony Molinero
 Chip Morris
 Dr. Galen Pletcher
Dr. Ben Pykles

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HOCKEY SCHEDULE

Oct 20*	SUNY CANTON	7:00 pm
Oct 30*	BROCKPORT	7:00 pm
Oct 31*	GENESE0	7:00 pm
Nov 6*	OSWEGO	7:00 pm
Nov 7*	CORTLAND	7:00 pm
Nov 13	at Morrisville State	7:00 pm
Nov 20*	at Fredonia	7:00 pm
Nov 21*	at Buffalo State	7:00 pm
Nov 24	SKIDMORE @ LK PLACID	7:00 pm
	<i>Norwich Tournament</i>	
Nov 27 *	at Utica College	7:00 pm
Nov 28*	at Utica College	7:00 pm
Dec 4*	at Plattsburgh State	7:00 pm
Jan 1*	TBA	7:00 pm
Jan 2*	TBA	7:00 pm
Jan 8*	NEUMANN	7:00 pm
Jan 9*	NEUMANN	7:00 pm
Jan 15	at Elmira	7:00 pm
Jan 22*	at Brockport	7:00 pm
Jan 23*	at Geneseo	7:00 pm
Jan 29*	at Oswego	7:00 pm
Jan 30*	at Cortland	7:00 pm
Feb 5*	MORRISVILLE STATE	7:00 pm
Feb 12*	FREDONIA	7:00 pm
Feb 13*	BUFFALO STATE	7:00 pm
Feb 19*	PLATTSBURGH STATE	7:00 pm
Feb 23	SUNYAC Play-In	TBA 7:00 pm
Feb 27	SUNYAC Semi-Finals	TBA 7:00 pm
Mar 6	SUNYAC Championship	TBA 7:00 pm

Home events in **BOLD CAPS**.
**Radio broadcast on WPDM (1470 AM/WSNN (99.3 FM) and
 online at bearcast.potssdam.edu:8000*

MEDIA GUIDE CREDITS

The Bears Hockey Guide is produced by the SUNY Potsdam Office of Sports Information.

Editors.....David Heberger & Boyd Jones

Graphic Designer...Nathan Shene

POTSDAM "BEAR" FACTS

Location.....Potsdam, New York
President.....John F. Schwaller
Enrollment.....4,336
Conference.....SUNYAC

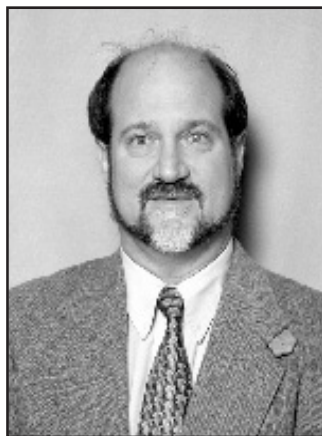
Founded.....1816
Nickname.....Bears
Colors.....Maroon and Gray

SUPPORT STAFF

ATHLETIC ADMINISTRATION



Jim Zalacca
Director of Athletics



Boyd Jones
Sports Information Director

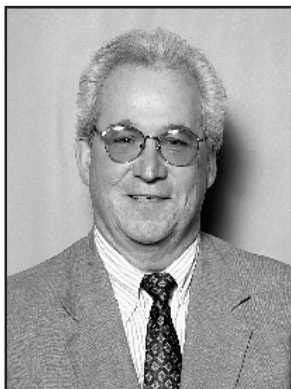


Jamie Hoose
Director of Programs & Operations

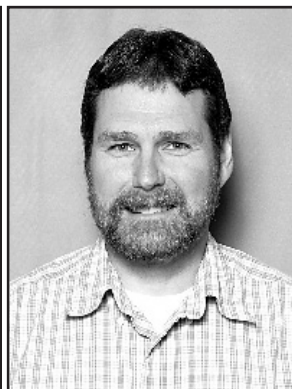


Bill Mitchell
Assistant Athletic Director

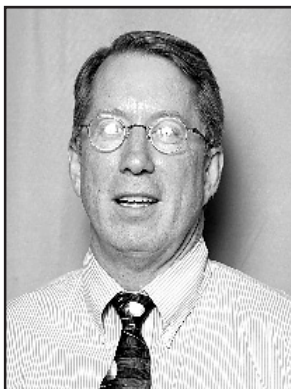
HOCKEY ACADEMIC COORDINATORS



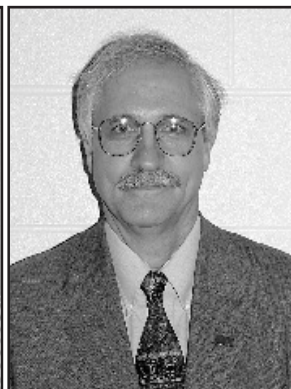
John Horan
Residence Life



Dr. Anthony Molinero
Chemistry



Chip Morris
Student Support Services



Dr. Galen Pletcher
Dean of Arts & Sciences

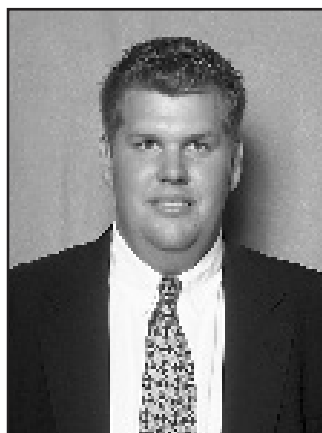


Dr. Ben Pykles
Anthropology

MEDICAL SUPPORT



Dr. Donald Henline
Team Physician
2 • Bears Ice Hockey



Chris Jorstad
Athletic Trainer



Heather Pike
Assistant Athletic Trainer



Lisa Brown
Assistant Athletic Trainer



CHRIS BERNARD- HEAD COACH

In early July, Chris Bernard was named the Men's Ice Hockey Coach at SUNY Potsdam as the 2009-10 season becomes his first at the Bears' helm.

"Chris's infectious personality and passion for hockey combined with his knowledge, not only for his sport but the North Country and all it has to offer potential student athletes, made for a perfect fit for our college and athletic program. I am excited to begin working with Chris," stated Athletic Director Zalacca.

Bernard comes to Potsdam from Western New England College where he led the Division III Golden Bears during the past three seasons. Prior to his tenure at WNEC, Bernard was an assistant coach at Division I Canisius College during the 2005-06 season. He also served as an assistant coach with the St. Louis Sting of the North American Hockey League (NAHL) during the 2001-02 season.

"I'm fully grateful to Jim Zalacca, the search committee and everyone at SUNY Potsdam for choosing me for such a great opportunity," noted Coach Bernard.

From 1998 through 2004 Bernard played professional hockey with the Mohawk Valley Prowlers and the Missouri River Otters of the United Hockey League (UHL), as well as, the Fayetteville Force of the Central Hockey League (CHL).

A native of Brasher Falls, Bernard played college hockey for the Division I Clarkson Golden Knights where he was the recipient of the Mike Morrison Scholarship for athletic and academic excellence. He compiled a .964 career winning percentage as goalie including a 13-0-1 tally his senior year at Clarkson.

During his tenure, the Golden Knights won two ECAC regular season championship titles and participated in four NCAA Tournaments. Clarkson also enjoyed four seasons of at least 20-wins and tallied a 98-39-10 record during Bernard's four years.

In 1998 Bernard earned a Bachelor of Science degree in Technical Communications from Clarkson. He later received a Masters of Science degree in Sports Administration from Canisius.

As President and Founder of Goaltender Enhancement Programs, Bernard directs a business that is dedicated to the development of aspiring young goaltenders. He also serves as Director of Coaching for Lake Placid's Can-Am Hockey Schools.

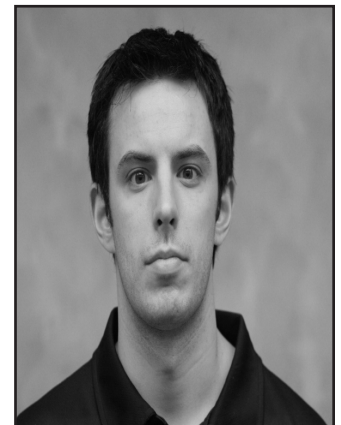
Chris and his wife Tracy are the parents of two sons, three-year old Jaxon and Brandon who is one.

TIM CROWLEY- ASSISTANT COACH

Tim Crowley begins his first season with the Bears in the Fall of 2009. Crowley will assist Coach Bernard in all aspects of the hockey program including game preparation, skills development and recruiting.

Coach Crowley is a 2009 graduate of SUNY Brockport where he was a four-year member of the Golden Eagles hockey team. An assistant captain his senior year, Crowley was a SUNYAC All-Academic while also receiving the Bob Peterson Coaches Award and Brockport's Seventh Man Award.

"I am extremely excited to have a coach with Tim's professionalism and work ethic join our staff. His passion for the game and his familiarity with our league will be a tremendous asset to the development of our program," noted Coach Bernard.



Prior to attending Brockport, Crowley played junior hockey for the Cobourg Cougars and the Syracuse Stars. He is a native of Brasher Falls, NY and played four years at St. Lawrence Central High School.

2009-2010 BEARS

NUMERICAL TEAM ROSTER

<u>No</u>	<u>Name</u>	<u>Yr</u>	<u>Pos</u>	<u>Ht</u>	<u>Wt</u>	<u>Hometown</u>	<u>Previous Team</u>
1	Travis Crickard	Jr.	G	5-11	185	St.John's, NFLD	Woodstock Slammers
3	Kyle Green	Jr.	D	6-1	220	Bel Air, MD	Oswego Admirals
4	Patrick Choules	Jr.	D	5-11	177	Bradford, ON	Kahnawake Condors
5	Jonathan Guay	So.	F	6-1	180	Chazy, NY	Binghamton Jr. Senators
6	Zack Juliano	Jr.	D	5-10	187	White River Jct, VT	Valley Jr Warriors
7	Bill Tsekos	So	F	6-1	200	Montreal, QC	Vaudrevil Mustangs
8	Matt Rhymer	So.	D	5-11	190	Kingston, ON	Yarmouth Mariners
9	Bryan Black	Fr.	F	6-0	200	Oro Station, ON	Couchiching Terriers
10	Todd Hosmer	So.	F	6-1	195	Scarborough, ON	Newmarket Hurricanes
11	Kevin MacLellan	Jr.	F	6-0	175	Kensington, PEI	Summerside Capitals
12	Matt Viola	Fr.	F	6-0	195	Toronto, ON	Vaughn Vipers
14	Mitch West	Sr.	F	6-0	202	Burlington, ON	Stoney Creek Warriors
15	Mike Foy	So.	F	6-2	200	Markham, ON	Welland Canadians
16	Colin MacLennan	Jr.	F	6-0	220	Whitby, ON	Ajax Attack
17	Fraser Smith	Jr.	F	5-11	175	Fonthill, ON	Oakville Blades
18	Spencer Noyes	Jr.	F	5-11	175	Oneida, NY	Foxboro Stars
19	Sy Nutkevitch	So.	F	6-0	172	Dollard-des-Ormeaux, QC	Cornwall Colts
20	Nick Leigh	Fr.	F	6-1	195	Barrie, ON	Atlanta Knights
22	Connor Treacy	Sr.	F	5-11	168	Markham, Ont	Markham Waxers
23	Brett Waters	Fr.	D	6-0	190	Uxbridge, ON	Markham Waxers
24	Jordan DeLong	Jr.	F	5-9	179	Hillandale, NB	Woodstock Slammers
25	Hunter Srydiuk	So.	D	6-6	212	Toronto, ON	Bowmanville Eagles
27	Matt Miller	Fr.	D	6-0	185	Pickering, ON	Cobourg Cougars
28	Tyler Swan	Fr.	F	5-10	185	Barrie, ON	Couchiching Terriers
29	Kevin Mcfarland	So.	G	6-2	175	St. Louis, MO	Woodstock Slammers
30	Andy Groulx	Fr.	G	5-9	175	Rockland, ON	Orangeville Crushers
31	Trevor O'Neil	So.	G	5-10	180	Keswick, ON	Stouffville Spirit

Head Coach: Chris Bernard

Assistant Coach: Tim Crowley

Volunteer Assistant Coach: Shom Datta

Athletic Trainer: Chris Jorstad

Captains: Connor Treacy, Colin MacLennan, Kyle Green, Patrick Choules

Academic Coordinators: John Horan, Dr. Anthony Molinero, Chip Morris, Dr. Galen Pletcher, Dr. Ben Pykles

Team Manager: Kevin Woods

SUNY Potsdam Men's Hockey 2009-10 Preview

With a new coaching staff set to take the helm this season, the men's hockey team will feature some new faces along with some familiar ones. The 2008-09 Bears finished 9-12-5 overall while going 6-6-4 in the SUNYAC. Potsdam qualified for the playoffs for the second straight year where they fell to Brockport in the quarterfinals.

Chris Bernard takes over as the head coach this season. Bernard was previously at Western New England College where he led the Golden Bears for the last three seasons. Prior to that he was an assistant coach at Canisius for the 2005-06 season. He played college hockey at nearby Clarkson for four seasons where he was the goalie and had a .964 winning percentage and was 13-0-1 in his senior year. During his tenure there, the Golden Knights won two ECAC regular season championship titles and participated in four NCAA tournaments.

Coach Bernard brings with him assistant coach Tim Crowley, a 2009 graduate of SUNY Brockport and a 4 year letter-winner. He was an assistant captain his senior year and was a SUNYAC All-Academic while also receiving the Bob Petersen Coaches award and the Brockport Seventh Man Award.

Among those returning this year are team captain Connor Treacy (20 G, 20 A) who led the Bears in scoring last year and will be looked to do the same again this year. Also returning this season is forward Fraser Smith (16 G, 9 A) who was second on the team in goals last season and will add another scoring punch.

Seven freshmen and three sophomores join the team this year. "We have guys that can play anywhere from the first to the fourth line," Bernard observed. "They can take on a number of roles and give us some versatility and depth."

On the defensive side, juniors Kyle Green and Patrick Choules will play veteran roles. Both are assistant captains this season. Sophomores Hunter Stryduik and Matt Rymer will look to contribute also.

In goal, the Bears are returning junior Travis Crickard (.856 SV %) and sophomore Trevor O'Neil (.859 SV%) and have gained two new goaltenders, sophomore Kevin Mcfarland and freshman Andy Groulx.

Bernard sees a lot of good things in his team. "There is a strong team attitude and environment. Everyone is positive toward each other and practices are always highly competitive."



2009-10 Team Captains: Colin MacLennan, Kyle Green, Connor Treacy, Patrick Choules

Like any program, Bernard's goals and expectations for the team are the same. "We want to put forth consistent effort and execution and ultimately win a SUNYAC title," he said.

Potsdam defeated SUNY Canton 3-1 in an exhibition on Tuesday night. The Bears will open their regular season at home against SUNYAC rival Brockport next Friday at 7 pm.

2009-2010 BEARS



2009- 2010 Hockey Team Members (L- R): Front- Shom Datta (Asst. Coach), Chris Jorstad (Head Athletic Trainer), Patrick Choules (Asst. Capatin), Connor Treacy (Captain), Mitch West, Colin MacLennan (Asst. Captain), Tim Crowley (Asst. Coach) Chris Bernard (Head Coach) **Middle-** Kevin McFarland, Jonathan Guay, Todd Hosmer, Mike Foy, Kyle Green (Asst. Captain), Hunter Srydiuk, Nick Leigh, Bill Tsekos, Andy Groulx, Trevor O'Neill **Back** - Kevin MacLellan, Fraser Smith, Zach Juliano, Matt Rymer, Matt Miller, Spencer Noyes, Brett Waters, Sy Nutkevitch, Bryan Black, Matt Viola, Tyler Swan, Jordan Delong

BEARS BY STATE/PROVINCE/COUNTRY

New York

Oneida - Noyes - 18
Chazy - Guay - 5

Maryland

Bel Air - Green - 3

Missouri

St. Louis - McFarland - 29

Vermont

White River Junction - Juliano - 6

Ontario

Bradford - Choules - 4
Kingston - Rhymer - 8

Ontario (continued)

Oro. Station - Black - 9
Scarborough - Hosmer - 10
Toronto - Viola - 12
Burlington - West - 14
Markham - Foy - 15
Whitby - MacLennan - 16
Fonthill - Smith - 17
Dollar-des-Ormeaux - Nutkevitch - 19
Barrie - Leigh - 20
Markham - Treacy - 22
Uxbridge - Waters- 23
Toronto - Srydiuk - 25
Pickering - Miller - 27
Barrie - Swan - 28
Rockland - Groulx - 30
Keswick - O'Neil - 31

Quebec

Montreal - Tsekos - 7

Prince Edward Island

Kensington - MacLellan - 11

New Brunswick

Hillandale - Delong - 24

Newfoundland

St. John's - Crickard - 1

BEARS BY CLASS YEAR

Seniors

Mitch West - 14
Connor Treacy - 22

Juniors

Travis Crickard - 1
Kyle Green - 3
Patrick Choules - 4
Zack Juliano - 6
Kevin MacLellan - 11
Colin MacLennan - 16
Fraser Smith - 17
Spencer Noyes - 18
Jordan Delong - 24

Sophomores

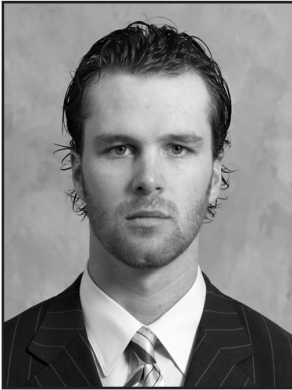
Jonathan Guay - 5
Bill Tsekos - 7
Matt Rhymer - 8
Todd Hosmer - 10
Mike Foy - 15
Sy Nutkevitch - 19
Hunter Srydiuk - 25
Kevin McFarland - 29
Trevor O'Neill - 31

Freshmen

Bryan Black - 9
Matt Viola - 12
Nick Leigh - 20
Brett Waters - 23
Matt Miller - 27
Tyler Swan - 28
Andy Groulx - 30

Connor Treacy • C

Senior • Forward • 5-11 • 168
Markham, ON • Markham Waxers



OVERALL CAREER STATS

Year	GP	G	A	PTS	PIM
2006-2007	25	13	11	24	40
2007-2008	26	8	16	24	40
2008-2009	26	20	20	40	53
Total	77	41	37	88	133



A tremendously skilled player who possesses exceptional leadership qualities, Connor will once again be looked to as the driving force behind the Bears top line and powerplay. Returning as a first team SUNYAC All-Star, Connor has lead the team in scoring the last two seasons and is expected to once again be the chief producer offensively.



22

Kyle Green • A

Junior • Defense • 6-1 • 200
Bel Air, MD • Oswego Admirals



OVERALL CAREER STATS

Year	GP	G	A	PTS	PIM
2007-2008	11	0	0	0	4
2008-2009	21	2	3	5	12
Total	33	2	3	5	16



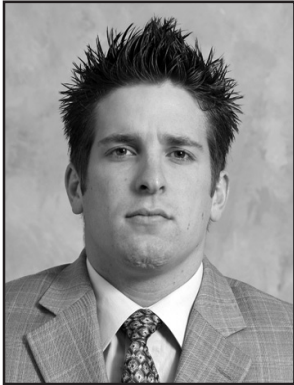
Kyle is a strong and physical defenseman. He plays a simple, steady game. Kyle has demonstrated excellent leadership qualities and thus will serve as an assistant captain for this year's team.



3

Patrick Choules • A

Junior • Defense • 5-11 • 177
Bradford, ON • Kahnawake Condors



OVERALL CAREER STATS

Year	GP	G	A	PTS	PIM
2007-2008	23	0	1	1	24
2008-2009	19	3	3	6	26
Total	42	3	4	7	50



Patrick is a physical, stay at home defenseman who will offer the Bears quality play in their own zone. An excellent competitor and hard worker he will serve as an assistant captain for the team this season.



4

Colin MacLennan • A

Junior • Forward • 6-0 • 220
Whitby, ON • Ajax Attack



OVERALL CAREER STATS

Year	GP	G	A	PTS	PIM
2007-2008	23	4	3	7	12
2008-2009	24	6	9	15	10
Total	47	10	12	22	22



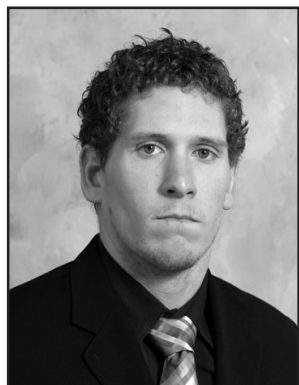
Colin is a rugged two-way player who is an excellent penalty killer. Willing to sacrifice his body to play physical and block shots, he will serve as assistant captain.



16

Mitch West

Senior • Forward • 6-0 • 202
Burlington ON • Stoney Creek Warriors



OVERALL CAREER STATS

Year	GP	G	A	PTS	PIM
2006-2007	18	0	0	0	31
2007-2008	19	2	3	5	28
2008-2009	15	2	1	3	10
Total	52	4	4	8	69



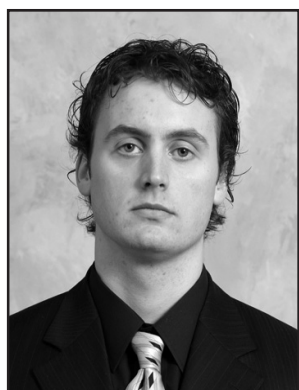
Mitch is a very hard working player who is responsible at both ends of the rink. He is one of only two seniors on the club and therefore will be counted on for experience and leadership.



14

Zack Juliano

Junior • Defense • 5-10 • 187
White River Jct, VT • Valley Jr Warriors



OVERALL CAREER STATS

Year	GP	G	A	PTS	PIM
2007-2008	19	0	0	0	6
2008-2009	14	0	0	0	10
Total	33	0	0	0	16



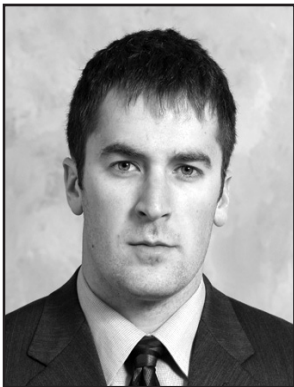
Zach is a steady, defensive-minded player who is solid in the Bears end of the rink. A sound decision maker, he will look to add experience and depth to the Bears blue-line.



6

Kevin MacLellan

Junior • Forward • 6-0 • 175
Kensington, PEI • Summerside Capitals



OVERALL CAREER STATS

Year	GP	G	A	PTS	PIM
2007-2008	17	4	7	11	18
2008-2009	11	1	5	6	6
Total	28	5	12	17	24

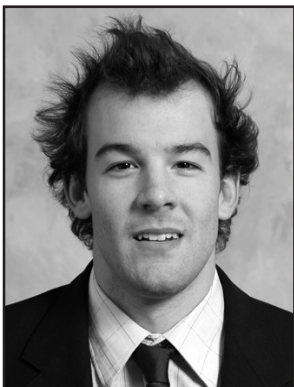
Kevin is a versatile, two-way forward with some offensive skills. Look for him to contribute at both ends of the rink as well as provide leadership for the squad with his calm and steady demeanor.



11

Fraser Smith

Junior • Forward • 5-11 • 175
Fonthill, ON • Oakville Blades



OVERALL CAREER STATS

Year	GP	G	A	PTS	PIM
2007-2008	26	5	6	11	23
2008-2009	25	16	9	25	18
Total	51	21	15	36	41

Speedy and skilled, Fraser has excellent speed and a scoring touch. Coming off a very good season with solid offensive output, he will add scoring punch to both 5 on 5 play and on the powerplay.



17

Spencer Noyes

Junior • Forward • 5-11 • 175
Oneida, NY • Foxboro Stars



OVERALL CAREER STATS

Year	GP	G	A	PTS	PIM
2007-2008	25	3	1	4	2
2008-2009	21	1	1	2	8
Total	46	4	2	6	10

A gritty two-way player, Spencer provides quality play at both ends of the rink. An excellent teammate and a very good student, he will provide leadership and toughness throughout the year.



18

Jordan DeLong

Junior • Forward • 5-9 • 179
Hillandale, NB • Woodstock Slammers



OVERALL CAREER STATS

Year	GP	G	A	PTS	PIM
2007-2008	20	2	2	4	28
2008-2009	11	1	3	4	23
Total	31	3	5	8	51

Jordan is a sound defensive-minded forward who plays responsible, two-way hockey. As a junior he should provide leadership and depth to the Bears lineup.



24

Travis Crickard

Junior • Goal Keeper • 5-11 • 185
St. John's, NFLD • Woodstock Slammers



OVERALL CAREER STATS

Year	GP	GA	Saves	Sav%	Record
2007-2008	5	12	69	.852	2-1-0
2008-2009	5	16	95	.856	2-1-1
Total	10	28	164	.854	4-2-1

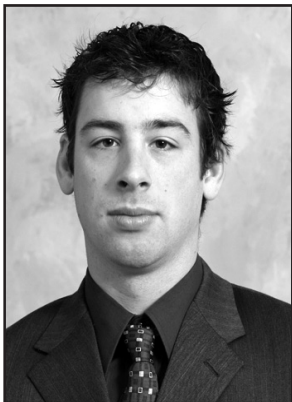


1

Travis is an outstanding student who possesses a strong work ethic both on and off the ice. A solid teammate, he is active in several activities throughout the campus and within the community serving as a SAAC representative and a Big Brother as part of the Big Brothers/Big Sisters program.

Matt Rhymer

Sophomore • Defense • 5-11 • 190
Kingston, ON • Yarmouth Mariners



OVERALL CAREER STATS

Year	GP	G	A	PTS	PIM
2008-2009	25	4	11	15	55
Total	25	4	11	15	55

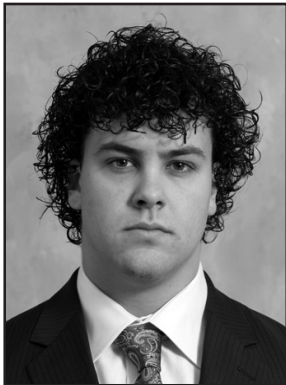


8

Matt is a sound defenseman who possesses a well-rounded game. He enjoyed a quality year offensively a year ago as a freshman and will look to contribute added punch from the blueline this year.

Todd Hosmer

Sophomore • Forward • 6-1 • 195
Scarborough, ON • Newmarket Hurricanes



OVERALL CAREER STATS

Year	GP	G	A	PTS	PIM
2008-2009	26	8	12	20	43
Total	26	8	12	20	43

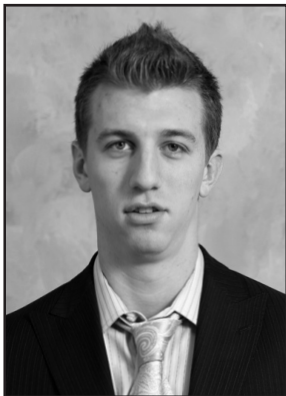


A true power forward, Todd is a physical force with a nice scoring touch. He enjoyed a strong freshman campaign and will be looked to add even greater offensive output as the season progresses.

10

Sy Nutkevitch

Sophomore • Forward • 6-0 • 172
Dollard-des-Ormeaux, QC • Cornwall Colts



OVERALL CAREER STATS

Year	GP	G	A	PTS	PIM
2008-2009	25	7	15	22	10
Total	25	7	15	22	10



Sy completed a quality freshman campaign registering just under a point-per-game, showing signs of offensive brilliance. The Bears will look to him to continue to develop as a consistent point producer as the season progresses.

19

Mike Foy

Sophomore • Forward • 6-2 • 200
Markham, ON • Welland Canadians

OVERALL CAREER STATS

Year	GP	G	A	PTS	PIM
2008-2009	8	0	6	6	10
Total	8	0	6	6	10



Mike is a brilliant skater with tremendous speed. He is a good penalty killer and forechecker who will push everyone around him to be better. He will challenge for an expanded role as he enters his sophomore year.



15

Hunter Strydiuk

Sophomore • Defense • 6-6 • 212
Toronto, ON • Bowmanville Eagles

OVERALL CAREER STATS

Year	GP	G	A	PTS	PIM
2008-2009	9	0	0	0	8
Total	9	0	0	0	8



Hunter will offer the Bears a strong, physical presence especially in the defensive zone. He should bolster the Bears defensive core, adding a great deal of depth and ability.



25

Trevor O'Neill

Sophomore • Goalkeeper • 5-10 • 180
 Keswick, ON • Stouffville Spirit



OVERALL CAREER STATS

Year	GP	G	A	PTS	PIM
2008-2009	16	0	0	0	0
Total	16	0	0	0	0



Trevor is a fundamentally sound goaltender who adds experience and depth to the goaltending position. He has sound mechanics, and a strong will to win.

31

Bill Tsekos

Sophomore • Forward • 6-1 • 200
 Montreal, QC • Vaudrevil Mustangs



7

Billy comes to the Bears program with a reputation as a hard working, physical player. He is a passionate player who pushes himself and those around him to be better every day.

BEARS HOCKEY™

Jonathan Guay

Sophomore • Forward • 6-1 • 180
 Chazy, NY • Binghamton Jr. Senators



5

A rangy and hard working player, Jon is a solid teammate who will be counted on to add depth to the Bears program. He is a simple, two-way player who will do whatever it takes to contribute to the team.

BEARS HOCKEY™

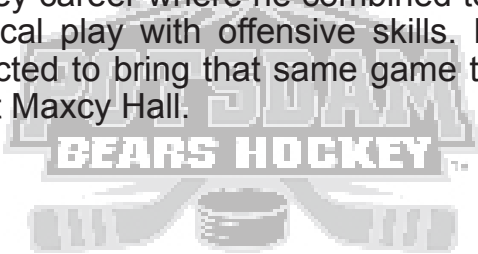
Bryan Black



Freshman • Forward • 6-0 • 200
Oro Station, ON • Couchiching Terriers

9

Bryan is coming off a very solid junior hockey career where he combined tough, physical play with offensive skills. He is expected to bring that same game to the ice at Maxcy Hall.



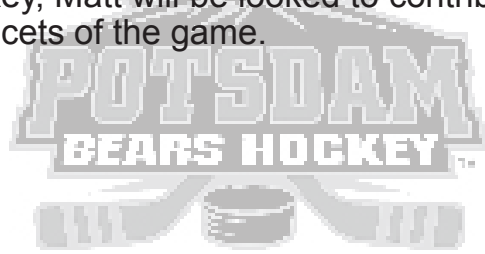
Matt Viola



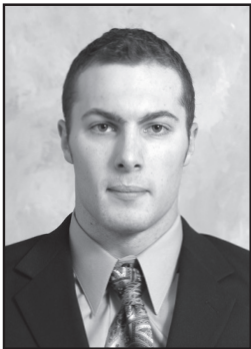
Freshman • Forward • 6-0 • 195
Toronto, ON • Vaughn Vipers

12

A speedy and hard-nosed player in junior hockey, Matt will be looked to contribute in all facets of the game.



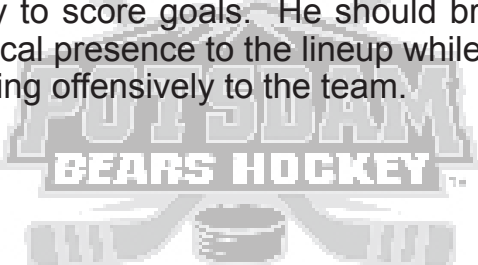
Nick Leigh



Freshman • Forward • 6-1 • 195
Barrie, ON • Atlanta Knights

20

Nick combines size and strength with an ability to score goals. He should bring a physical presence to the lineup while contributing offensively to the team.



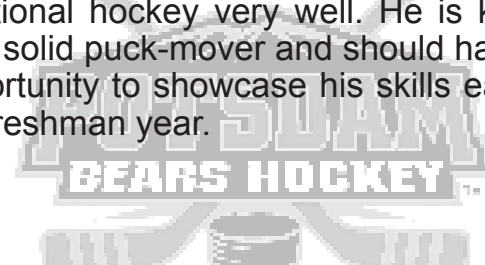
Brett Waters



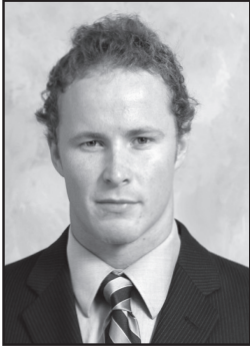
Freshman • Defense • 6-0 • 190
Uxbridge, ON • Markham Waxers

23

Brett is a steady defenseman who plays positional hockey very well. He is known as a solid puck-mover and should have an opportunity to showcase his skills early in his freshman year.



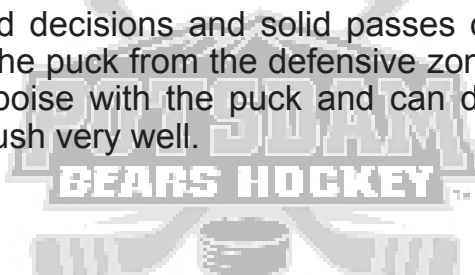
Matt Miller



Freshman • Defense • 6-0 • 185
Pickering, ON • Cobourg Cougars

27

Matt is a versatile defenseman who makes sound decisions and solid passes outletting the puck from the defensive zone. He has poise with the puck and can defend the rush very well.



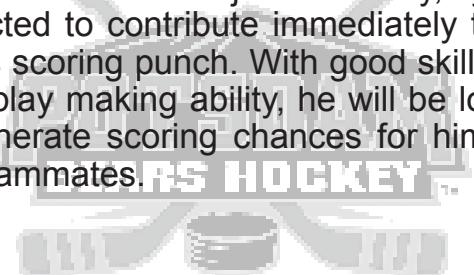
Tyler Swan



Freshman • Forward • 5-10 • 185
Barrie, ON • Couchiching Terriers

28

An offensive force in junior hockey, Tyler is expected to contribute immediately to the Bears scoring punch. With good skills and slick play making ability, he will be looked to generate scoring chances for him and his teammates.



Kevin Mcfarland



Sophomore • Goalkeeper • 6-2 • 175
St. Louis, MO • Woodstock Slammers

29

Kevin possesses an exceptional work ethic combined with excellent technical ability. He offers depth to the goaltending position and possesses a great deal of potential.



Andy Groulx



Freshman • Goalkeeper • 5-9 • 175
Rockland, ON • Orangeville Crushers

30

Andy comes to the Bears after a very solid junior hockey season. He has good skills and a competitive spirit that should help bolster the goaltending position.



2008 - 2009 SEASON RESULTS

Game 1 10-17-08 at Maxcy Hall

GMHL Allstars	0	2	1	3
Potsdam	2	2	3	7

Game 2 10-24-08 at Maxcy Hall

Adrian College	1	1	4	6
Potsdam	0	6	0	6

Game 3 10-25-08 at Maxcy Hall

Adrian College	2	4	0	6
Potsdam	3	1	0	4

Game 4 10-31-08 at Maxcy Hall

Buffalo State	1	3	2	6
Potsdam	1	1	1	3

Game 5 11-01-08 at Maxcy Hall

Fredonia	0	1	0	1
Potsdam	2	2	0	2

Game 6 11-07-08 at Morrisville

Potsdam	2	3	2	7
Morrisville	2	0	0	2

Game 7 11-14-08 at Geneseo

Potsdam	0	1	1	2
Geneseo	0	5	2	7

Game 8 11-15-08 at Brockport

Potsdam	0	1	1	2
Brockport	0	0	2	2

Game 9 11-22-08 at Maxcy Hall

Plattsburgh	0	1	3	4
Potsdam	1	1	2	4

Game 10 11-29-08 at Skidmore

Potsdam	0	2	0	2
Williams	2	0	1	3

Game 11 11-30-08 at Skidmore

Potsdam	2	5	2	9
Suffolk	0	1	0	1

Game 12 12-05-08 at Maxcy Hall

Cortland	1	2	0	3
Potsdam	0	2	0	2

Game 13 12-06-08 at Maxcy Hall

Oswego	0	2	0	2
Potsdam	0	0	0	0

Game 14 12-09-08 at Castleton

Potsdam	0	1	1	2
Castleton	4	1	1	6

Game 15 01-08-09 at Maxcy Hall

Neumann	5	3	1	9
Potsdam	0	0	4	4

Game 16 01-10-09 at Potsdam

Elmira	0	0	5	5
Potsdam	1	1	1	3

Game 17 01-16-09 at Maxcy Hall

Western N.E.	0	0	1	1
Potsdam	3	3	2	8

Game 18 01-17-09 at Maxcy Hall

Western N.E.	1	0	1	2
Potsdam	4	2	1	7

Game 19 01-23-09 at Buffalo St.

Potsdam	1	3	2	6
Buffalo St	1	3	2	6

Game 20 01-24-09 at Fredonia

Potsdam	0	0	2	2
Fredonia	1	0	1	2

Game 21 01-30-09 at Maxcy Hall

Morrisville	1	2	1	4
Potsdam	1	4	3	8

Game 22 02-06-09 at Maxcy Hall

Geneseo	0	3	0	3
Potsdam	4	0	1	5

Game 23 02-07-09 at Maxcy Hall

Brockport	3	1	4	8
Potsdam	1	1	4	6

Game 24 02-14-09 at Geneseo

Potsdam	0	1	0	1
Plattsburgh	3	3	2	8

Game 25 02-20-09 at Cortland

Potsdam	2	2	0	4
Cortland	1	0	0	1

Game 26 02-21-09 at Oswego

Potsdam	1	1	2	4
Oswego	1	0	1	2

Game 27 02-24-09 at Brockport

Potsdam	0	0	1	2
Brockport	1	2	0	3

Season Totals

	1st	2nd	3rd	Total
Opponents	31	40	35	106
Potsdam	49	46	38	133



2008 - 2009 Hockey Team Members (L- R): Front - Rick Miller, Steve Cornelissen, Jeff Zatorski, Aaron Saul, (Head Coach), Luke Beck (Asst. Captain), Connor Treacy (Captain), Peter Vaisenen (Asst Captain), Darcy Pettie (Asst. Coach), Nick Carelli, Mitch West, Travis Crickard. **Middle** - Chis Torstad (Head Athletic Trainer), Spencer Noyes, Hunter Syridiuk, Mike Foy, Mark Sullivan, Colin MacLennan, Rod Simmons (Asst. Coach), Kyle Green, Todd Hosmer, Patrick Choules, Trevor O'Neill, Ben Gaebel. **Back** - Kevin Woods (Manager), Zach Juliano, Kevin MacLellan, Matt Rhymer, Scott Voisin, Antony Proteau, Fraser Smith, Adam Martinez, Sy Nutkevitch, Jordan DeLong.

2008-2009 Season Review

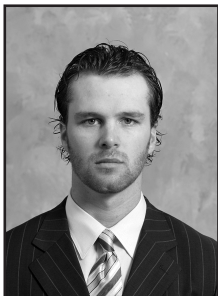
The 2008-09 season marked Coach Aaron Saul's second year with the Bears' Men's Hockey program.. The men finished fifth in league play and went to the playoffs for the second straight season with a 9-12-5 (6-6-4 SUNYAC) record.

Potsdam's determination was evident late in the season. The Bears defeated Cortland and Oswego on the road in the final two games to gain momentum going into the playoffs.

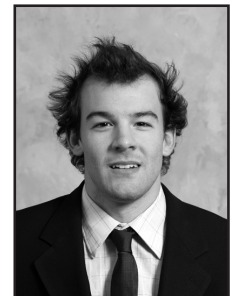
The wins over Cortland and Oswego also earned Rookie of the Week honors for Todd Hosmer as he contributed one goal and as assist in the victories.

Potsdam's season ended with a loss to Brockport in the SUNYAC Quarterfinals.

Forward Connor Treacy, who finished regular season play with 22 points (20G, 20A) to lead the Bears offensive stats, was named to the First Team SUNYAC 2009 All-Conference Hockey Team. He also garnered Player of The Week honors for his efforts in mid-season games against Neumann and Elmira. Forward Fraser Smith (16G, 9A) was an Honorable Mention on the All-Conference Team. Also receiving honors during the season was Anthony Proteau as he was named Rookie of the Week as he had three goals and two assists in wins over Western New England.



Connor Treacy
First Team, POW 1/12



Fraser Smith
Honorable Mention

2008-2009 INDIVIDUAL STATISTICS

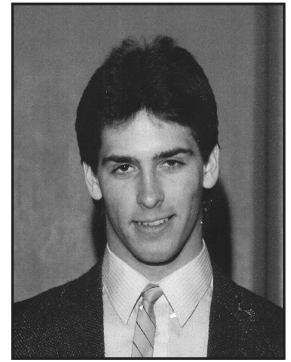
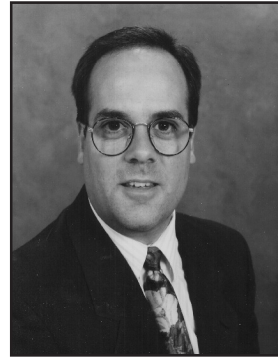
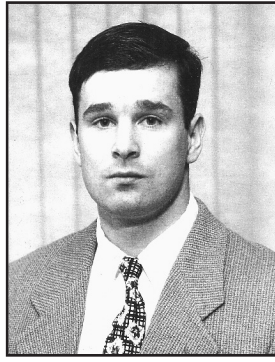
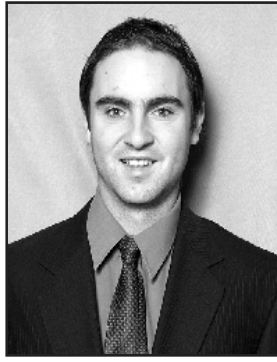
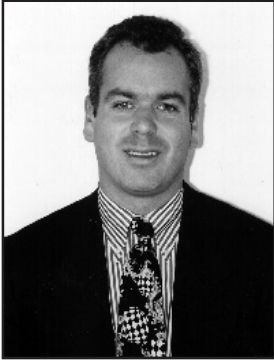
Player	GP	G	A	PTS	PEN/MIN	PP	SH	GW	GT
Connor Treacy	26	20	20	40	17 / 53	6	0	0	0
Luke Beck	26	2	26	28	04 / 08	1	0	2	0
Fraser Smith	25	16	9	25	05 / 18	8	0	3	0
Jeff Zatorski	24	5	12	17	16 / 32	2	0	1	0
Peter Vaisanen	16	2	5	7	11 / 22	2	0	0	0
Sy Nutkevitch	25	7	15	22	05 / 10	2	0	0	0
Kevin MacLellan	11	1	5	6	03 / 06	1	0	0	0
Nick Carelli	20	2	4	6	10 / 20	1	1	2	0
Anthony Proteau	23	10	10	20	05 / 10	6	0	1	0
Todd Hosmer	26	8	12	20	20 / 43	3	0	1	0
Colin MacLennan	24	6	9	15	05 / 10	1	3	2	0
Mitch West	15	2	1	3	05 / 10	0	0	1	0
Matt Rhymer	25	4	11	15	14 / 55	2	0	1	0
Spencer Noyes	21	1	1	2	04 / 08	0	0	0	0
Jordan Delong	11	1	3	4	06 / 23	0	0	1	0
Steve Cornelissen	23	3	5	8	02 / 04	1	0	0	0
Scott Voisin	20	4	10	14	12 / 24	3	0	0	0
Adam Martinez	21	4	6	10	08 / 16	4	0	1	0
Patrick Choules	19	3	3	6	13 / 26	0	0	0	0
Hunter Srydiuk	9	0	0	0	04 / 08	0	0	0	0
Mike Foy	8	0	6	6	05 / 10	0	0	0	0
Kyle Green	21	2	3	5	06 / 12	1	0	0	0
Mark Sullivan	15	1	3	4	04 / 08	0	0	0	0
Zack Juliano	14	0	0	0	05 / 10	0	0	0	0
Spencer Noyes	21	1	1	2	04 / 08	0	0	0	0

Potsdam	26	104	179	283	195 / 458	43	1	6	0
Opponents	26	103	165	268	206 / 524	34	3	6	4

Goaltending	GP	Minutes	GA	Saves	Save%	GAA	Record	Win%
Rick Miller	9	452:48	27	197	.879	3.58	2-2-2	.500
Travis Crickard	5	284:46	16	95	.856	3.37	2-1-1	.625
Trevor O'Neil	16	838:59	56	340	.859	4.00	5-9-2	.375
Open Net	5	4:08	2					

Potsdam	26	1585	103	632	.860	3.90	9-12-5	.442
Opponents	26	1585	104	801	.885	3.94	12-9-5	.558

ALL-AMERICAN



Brian Bell

First Team 1985

Chris Lee

Second Team 2004

Steve Naughton

First Team 1998

Dave Palmisano

Second Team 1985

Howie Vandermast

Second Team 1987

Name	Season	GP	Goals	Assists	Points
Steve Naughton	94-98 (4 yrs.)	109	92	112	204
Brian Bell	82-85 (3 yrs.)	NA	76	88	164
Denis Marcoux	80-83 (3 yrs.)	NA	65	91	156
Randy Frederick	78-81 (4 yrs.)	NA	68	75	143
Pierre Marcoux	80-83 (3 yrs.)	NA	51	88	139
Daryn McLean	92-96 (4 yrs.)	99	63	67	130
Ryan McCarthy	03-07 (4 yrs.)	90	65	60	125
Howie Vandermast	84-88 (4 yrs.)	NA	51	72	123
Stan Gutt	90-93 (3 yrs.)	72	41	74	115
Mike Henry	83-87 (4 yrs.)	NA	47	68	115
Chris Lee	00-04 (4 yrs.)	110	41	74	115
Mike Peters	92-96 (4 yrs.)	93	58	52	110

100 POINT CLUB

COACHING RECORDS

Dave MacLellan

Year	W	L	T	.PCT
1976-1977	5	17	0	.227
1977-78	9	12	0	.428
Potsdam Career	14	29	0	.325

John Horan

Year	W	L	T	.PCT
1978-79	4	20	0	.167
1979-80	6	18	0	.250
1980-81	12	12	0	.500
1981-82	12	13	2	.480
1982-83**	15	12	1	.536
1983-84*	15	13	1	.517
1984-85	14	14	0	.500
1985-86*	11	14	1	.440
1986-87	11	17	0	.393
1987-88	8	17	1	.308
Potsdam Career	108	150	6	.409

Ed Seney

Year	W	L	T	.PCT
1988-89	10	15	0	.400
1989-90	7	15	3	.280
1990-91	5	20	0	.200
1991-92*	13	11	1	.520

Ed Seney (Cont.)

Year	W	L	T	.PCT
1992-93	8	14	2	.333
1993-94	12	14	1	.444
1994-95*	13	12	1	.522
1995-96#	18	10	2	.600
1996-97	13	12	2	.481
1997-98	15	10	3	.517
1998-99	8	18	1	.315
1999-00*	15	13	1	.534
2000-01	20	8	3	.694
2001-02	12	15	0	.444
Potsdam Career	169	187	20	.449

Glenn Thomaris

Year	W	L	T	.PCT
2002-03	14	13	2	.483
2003-04	11	14	2	.407
2004-05	10	14	2	.385
2005-06	7	15	4	.270
2006-07	5	19	1	.200
Potsdam Career	47	75	11	.353

Aaron Saul

Year	W	L	T	.PCT
2007-2008*	11	13	4	.464
2008-2009	9	12	5	.442
Potsdam Career	11	13	4	.453

*SUNYAC Coach of the Year

**NYCHA Coach of the Year

#SUNYAC Champions

FOR THE RECORD

SCORING LEADERS YEAR-BY-YEAR

Season	Goals Leader	Goals	Assists Leader	Assists	Points Leader	Points
08-09	Connor Treacy	20	Luke Beck	26	Connor Treacy	40
07-08	Luke Beck	9	Connor Treacy	16	Conor Treacy	24
06-07	Ryan McCarthy	14	Luke Beck	17	Ryan McCarthy	25
05-06	Ryan McCarthy	18	Ryan McCarthy	22	Ryan McCarthy	40
04-05	Ryan McCarthy	23	Ryan McCarthy	19	Ryan McCarthy	42
03-04	Myles Palliser	18	Chris Lee	32	Chris Lee	49
02-03	Chris Lee	14	Chris Lee	22	Chris Lee	36
01-02	Anthony Greer	13	Chris Lee	14	A. Greer & C. Lee	22
00-01	Joe Wlodarczyk	19	Brandon Knight	23	Joe Wlodarczyk	36
99-00	Joe Wlodarczyk	16	Sean Trygestad	22	Sean Trygestad	25
98-99	Keith Hughes	16	B. Joly & S. Trygestad	14	Keith Hughes	28
97-98	Steve Naughton	21	S. Naughton & S. Darke	27	Steve Naughton	48
96-97	Steve Naughton	28	Steve Naughton	23	Steve Naughton	51
95-96	Steve Naughton	27	Steve Naughton	29	Steve Naughton	56
94-95	Daryn McLean	23	Steve Naughton	33	Steve Naughton	49
93-94	Daryn McLean	13	John Emery	22	John Emery	31
92-93	Stan Gutt	18	Stan Gutt	32	Stan Gutt	50
91-92	Todd Sylvester	16	Stan Gutt	26	Stan Gutt	35
90-91	Stan Gutt	14	Stan Gutt	16	Stan Gutt	30
89-90	Mike Steckler	17	Mike Steckler	19	Mike Steckler	36
88-89	Jim Powers	19	Danny Smith	23	Jim Powers	41
87-88	Jim Powers	17	Jim Powers	22	Jim Powers	39
86-97	Howie Vandermast	21	Mike Henry	19	Howie Vandermast	37
85-86	Luc Boileau	24	H. Vandermast & S. Stone	25	Luc Boileau	41
84-85	Brian Bell	32	Brian Bell	45	Brian Bell	77
83-84	Brian Bell	34	Brian Bell	29	Brian Bell	63
82-83	Denis Marcoux	23	Pierre Marcoux	33	Denis Marcoux	54
81-82	Pierre Marcoux	24	Denis Marcoux	34	Denis Marcoux	53
80-81	Denis Marcoux	23	Pierre Marcoux	27	Denis Marcoux	49
79-80	Randy Frederick	18	Chris Kormanyos	24	Randy Frederick	38
78-79	J. Shanahan	21	Shanahan, Rowe, Hack & Darboise	17	J. Shanahan	38

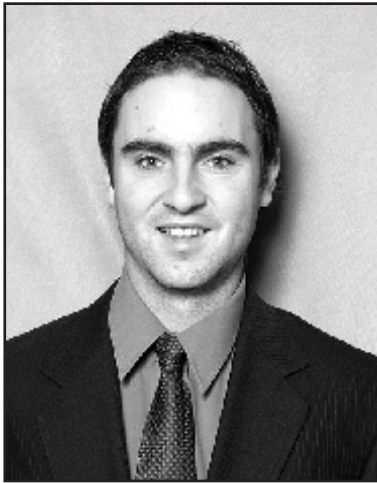
CAREER GOALIE LEADERS

Player	GP	Min.	GA	Saves	Shots	Save%	GAA	Record	Career
Ryan Venturelli	83	(4811:47)	233	1980	2213	.895	2.91	42-34-5	00-04 (4 yrs.)
David Dragone	52	(2927:28)	176	1437	1613	.8908	3.38	27-20-4	95-97 (2 yrs.)
Stephan Laperriere	75	(4306:11)	291	2222	2514	.8838	4.05	39-30-2	82-84 (3 yrs.)
Randy Brown	56	(3312:42)	283	1738	2021	.8599	5.13	NA	79-81 (3 yrs.)
Andy Eckert	37	(1843:57)	167	946	1113	.8498	5.44	21-24-0	90-92 (2 yrs.)

SINGLE SEASON GOALIE LEADERS

Player	GP	Min.	GA	Saves	Shots	Save%	GAA	Record	Season
Ryan Venturelli	27	(1580:08)	72	663	735	.9020	2.66	12-15-0	01-02
Ryan Venturelli	27	(1502:07)	70	662	692	.8988	2.59	16-6-3	00-01
David Dragone	26	(1479:20)	84	719	803	.8953	3.23	15-9-2	95-06
Stephan Laperriere	29	(1583:00)	100	808	909	.8888	3.44	14-12-1	83-84
David Dragone	26	(1448:08)	92	718	810	.8864	3.53	12-11-2	95-96
Stephan Laperriere	20	(1198:00)	82	638	720	.8861	4.10	10-9-0	84-85
Andy Eckert	24	(741:53)	55	420	475	.8842	3.92	18-6-0	91-92
Ryan Venturelli	29	(1729:32)	91	695	786	.8840	3.16	14-13-2	02-03
Rich Burgess	12	(484:08)	35	264	299	.8829	2.91	3-6-1	89-90
Ryan Thomson	16	(683:33)	43	315	357	.8823	2.68	5-4-1	98-99
Scott Jones	16	(780:35)	45	330	375	.8800	2.81	9-5-1	97-98

BEARS NOW PLAYING PROFESSIONALLY



Chris Lee

Three former Potsdam Bears, Chris Lee, T.J. Sakaluk and Adam Gebara are currently playing professional hockey. Lee, a native of MacTier, Ontario is playing for the Wilkes-Barre/Scranton Penguins of the American Hockey League. Sakaluk, a Hamilton native, plays for the Dortmund Westfalen EHC while Gebara, a native of Ottawa, is playing with Deggendorf Fire. Both teams are based in Germany.

A SUNY Potsdam All-American, Lee finished the 2008-09 hockey season with the Bridgeport Sound Tigers of the American Hockey League. He played in sixty-six games, recording six goals and twenty-four assists. Now in its seventy-fourth season, the AHL currently has twenty-nine teams.

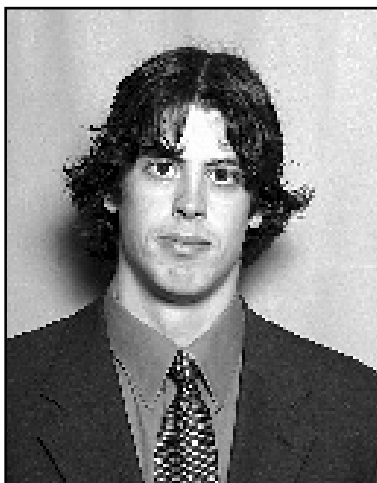
In October of 2008, Lee also played preseason with the New York Islanders of the National Hockey League. He scored the game winning goal on October 3rd to propel the Islanders to a 3-2 pre-season win over the New Jersey Devils. Lee's tally at 2:28 in overtime also fell on the defenseman's 28th birthday.



T. J. Sakaluk

Sakaluk finished the 2008-09 season with the Nijmegen Devils in the Netherlands. He played in a total of thirty-nine games tallying thirty-five goals and thirty-six assists.

Gebara also played with the Nijmegen Devils during the 2008-09 season. In thirty-two games, he had five goals and fifteen assists.



Adam Gebara



Chris Lee (Photo by Rich Stieglitz)

ACADEMIC OPPORTUNITIES

School of Arts and Sciences

Anthropology (BA)
Archaeological Studies (BA)
Art Studio (BA)
Art History (BA)
Art - Visual Arts (BFA)
Biochemistry (BS)
Biology (BS and BA)
Business Economics (BA)
Chemistry (BS and BA)
Computer & Information Sciences (BA)

Criminal Justice (BA)
Dance (BA)
Drama (BA)
Economics (BA)
Employment Relations (BA)
English (BA and MA)
Environmental Studies (BA)
French (BA)
Geology (BA and BS)
History (BA)

Interdisciplinary Natural Science (BA)
Mathematics (BA and MA)
Philosophy (BA)
Physics (BA)
Political Science (BA)
Psychology (BA)
Sociology (BA)
Spanish (BA)
Speech Communication (BA)
Student-Initiated
Interdepartmental Major (BA)

School of Education and Professional Studies

Business Administration (BS)
Community Health (BS)
Early Childhood Education (Birth-grd. 2) (BA)
Childhood Education (Grds 1-6) (BA, MST)

Middle and Secondary School Education Certification in:

English (BA, MS in Ed., MST)
French (BA and MST)
Spanish (BA and MST)
Mathematics (BA, MS in Ed., MST)
Social Studies (BA, MS in Ed., MST)

Secondary School Education Certification in:

Biology (BA, MS in Ed., MST)
Chemistry (BA, MS in Ed., MST)
Earth Science (BA, MS in Ed.,
MST)
Physics (BA, MS in Ed., MST)

Crane School of Music

Business of Music (BM)
Music (BA in Music)
Administration (BS)

Music Composition (MM)
Music Education (K - 12) (BM)

Musical Studies (BM)
Musical Performance (BM and MM)

ACADEMIC COORDINATORS FOR ATHLETICS

Men's Basketball

Dr. James Terhune Department of Psychology

Women's Basketball

Dr. Richard Del Guidice Department of Politics

Cheerleading

Dr. Laura Rhoads Department of Biology

Cross Country

Dr. Jason Schreer Department of Biology
Prof. Anna Hendrickson Crane School of Music

Equestrian

Dr. Susan Stebbins Department of Anthropology

Golf

Mr. Chip Morris Office of Student Conduct

Men's Hockey

Dr. Anthony Molinero Department of Chemistry
Dr. Ben Pykles Department of Anthropology
Mr. Chip Morris Office of Student Conduct
Mr. John Horan Residence Life
Dr. Galen Fletcher Department of Arts & Sciences

Men's Lacrosse

Mr. Chris Jorstad Department of Athletics & Physical Education
Dr. Carrie Scherzer Department of Psychology

Women's Lacrosse

Dr. Heather Beauchamp Department of Psychology
Mr. Bill Beauchamp Department of Athletics & Physical Education
Dr. Carolyn Schwarz Department of Anthropology
Ms. Christine Strong Office of Student Affairs

24 • Bears Ice Hockey

Men's Soccer

Dr. Anthony Betrus Department of Education
Mr. Thomas Nesbit Admissions
Mr. Jaimin Weets Department of Anthropology
Mr. Mike Bristol Development

Women's Soccer

Ms. Melissa Evans Admissions
Mr. Michael Tissaw Department of Psychology

Softball

Dr. William Herman Department of Psychology
Mr. Toby White Internships Office
Ms. Kristin Jordan Teacher Education

Swimming & Diving

Dr. Hadley Kruczek-Aaron Department of Anthropology
Dr. Jay Pecora Department of Drama

Volleyball

Dr. Richard Williams Department of Psychology

Omnibus Advisor for Math and Education

Dr. Anthony Betrus Department of Information Technology

Women's Hockey

Dr. Daniel Aruscavage Department of Biology
Ms. Deborah Elek Regional Research&Community Education Center
Dr. Nancy Lewis Department of Sociology
Dr. David Smith Department of Psychocology
Dr. Kelly Bonnar-Kidd Department of Community Health

Fitness Center



SUNY Potsdam is on the cutting edge of having the latest and best equipment and staff available to help their student athletes reach their full potential!

SUNY Potsdam recently made a major investment towards the improving the health and wellness of its campus community by significantly upgrading cardio and weight equipment in the Shane T. Shaul Fitness Center.



Students now have numerous fitness options to pursue within the center, including both free weight stations and a Cybex Eagle circuit as well as 38 new cardio machines, including: 10 Precor Treadmills, 10 Precor Ellipticals, 6 Cybex Arc Trainers, 2 Precor Steppers, 3 Precor Upright Bikes, 3 Precor Recumbent Bikes, 3 First Degree Fluid Rowers and 1 ScitFit Pro1 Upper Body Ergometer.



“Cardio Entertainment” is integrated into 34 of the 38 cardio stations. A personal viewing screen (PVS) allows users to choose and watch their favorite show via the campus cable network during their workout! Headphones from any portable music device can be used on the units with the PVS option.

In addition to the fitness center’s new equipment, a full-time fitness director and a well-trained staff are available to help design individualized workout routines and to ensure a safe and clean facility. Numerous group fitness classes are available throughout the year.



2009 - 2010 Men's Ice Hockey Schedule

DATE	OPPONENT	TIME
10/20*	SUNY CANTON (EXH)	7 PM
10/30*	BROCKPORT	7 PM
10/31*	GENESEO	7 PM
11/6*	OSWEGO	7 PM
11/7*	CORTLAND	7 PM
11/13	Morrisville	7 PM
11/20*	Fredonia	7 PM
11/21*	Buffalo	7 PM
11/24	Skidmore @ Lake Placid	7 PM
11/27*	Utica	7 PM
11/28*	Utica	7 PM
12/4*	Plattsburgh	7 PM
1/1*	Norwich Tournament	4/7 PM
1/2*	Norwich Tournament	4/7 PM
1/8*	NEUMANN	7 PM
1/9*	NEUMANN	7 PM
1/15	Elmira	7 PM
1/22*	Brockport	7 PM
1/23*	Geneseo	7 PM
1/29*	Oswego	7 PM
1/30*	Cortland	7 PM
2/5*	MORRISVILLE***	7 PM
2/12*	FREDONIA	7 PM
2/13*	BUFFALO STATE	7 PM
2/19*	PLATTSBURGH	7 PM
2/23	SUNYAC Play-In	TBA 7 PM
2/27	SUNYAC Semifinal	TBA 7 PM
3/6	SUNYAC Championship	TBA 7 PM