

First week was a great week. We really worked the boys hard and they responded real well. It was great to see so early in the season so many boys rise as leaders amongst our team. Our goal this week was to prepare the boys for Saturday's scrimmage vs Cheshire and also name our Captains. The boys played well as a team vs Cheshire and gave us a lot of things we can work on and we were able to identify our Captains for 2011-2012. The following boys were named Captains this week and please help me in congratulating them.

Please know some of the guys identified below won't be wearing an "A" or a "C" in the games as we are limited per CIAC rules of how many Captains you allowed to have but we as a team do recognize each one of them as a Captain.

Captain- Billy Chevalier--Has played with us the last 4 years and has bettered himself every year. He is asked very much to be the leader of these players and lead both on and off the ice. We ask a lot of our Captain and except that he and his captains take this team to the next level both in the classroom and on the ice.... He will be counted on day in and day out to lead by example and be the great player we know he can be.

Captain- Mitch Diresta--has been with the program the last four years and established himself as the premier Goaltender in the area and a true leader on our team. He like Billy will be asked to do a lot this year and we know he can handle the work load. He will be counted on the lead in the locker room and on the ice.

Assistant Captain-- Nick Binkowski-- Has played the last 4 years and has developed into a great Defenseman that gives quality minutes every time he steps on the ice. He will be counted on to lead in the room and on the ice and help develop a steady core of D.

Alternating Assistant Captains-- Zack Palmer and Cullen Roberts.... This is a new role for us and will allow for Zack to be an Assistant Captain at home games and Cullen as an Assistant at away games.... Although in our minds they are leaders 100% of the time.... We really wanted to make Zack and Cullen apart of the leadership group on this team as they deserve it with the effort and class they play with day in and day out. They are both committed to ensuring success not just for themselves but for everyone on this team. They will both be counted on to lead by example day in and day out. They are a big key to our success... and both have developed into premier players in our area and are no doubt leaders on this team.

Assistant Captain--Mitch Cobb... Mitch is a player that has been with us for 4 years now and has worked hard to challenge himself year in and year out to get better and he has. He is a player that deserves respect just in the way he handles himself day in and day out. He will be counted on this year to be a leader and help develop the young defensive core we have.

Please join me in congratulating these boys. Each one of them is a great leader in their own way and should they learn to come together this year as a group and lead our team it will be a special ride.

Let's have another great week of practice!