

2008-09 Boys 1995 Bantam Minor



Player Roster:

#	Last Name	First Name	POS	Year of Birth
16	Bjurstrom	Felix	F	1995
3	Brown	Matt	F	1995
2	Cauthen	Nathaniel Gray	D	1995
30	Doss	Alec	G	1995
9	Hayes	Malcolm	LD	1995
8	Heidkamp	Michael	D	1995
11	Idi	Nicholas	C	1995
35	Jarnagin	BJ	F	1995
7	Lackey	Austin	F	1995
5	Lubin	Gavin	RW	1995
28	McKenzie	Connor	F	1995
0	Oliver	Danton	F	1995
18	Orenstein	Austin	C	1995
14	Porter	Josh	F	1995
12	Rooney	Collin	D	1995
10	Rosburg	Jerad	F	1996
6	Santa Maria	Christopher	C	1995
17	Scheidt	Austin	C	1995
19	Stelzer	Justin	LW	1995

Coaches and Team Staff:

Jim McKenzie – Head Coach



Fourteen year NHL veteran and Stanley Cup champion Jim McKenzie, played 880 games in Hartford, Anaheim, Phoenix and New Jersey before retiring after spending the 2003-04 season with the Nashville Predators. McKenzie's long NHL tenure was due, in part, to a tremendous work ethic, which he will impart to the Thunder 1995 squad. TPH and Thunder Hockey are honored and privileged to have such an experienced NHL professional as part of the organization. Currently, Jim is working as a Players' Representative for the National Hockey League Players Association. Jim and his family reside in Brentwood, Tennessee.

Dave Porter – Head Coach



A native of Milford, MI and an NHL draftee of the New York Rangers, Dave Porter received a full ride hockey scholarship to Northern Michigan University from 1986-1990. In addition, Porter spent 11 years as an instructor with the Turcotte stick handling hockey school family, 4 years as a head instructor. Dave has coached and taught the game of hockey for over 19 years. Thunder Hockey is extremely excited to have Dave with our family and look forward to expertise not only with the 95 team but also the entire program.

Greg Stelzer – Assistant Coach



Assistant Coach Greg Stelzer has over 35 years of experience both playing and coaching the goaltending position. His coaching experience ranges from Termite to Midget Major AAA and high school hockey. He has worked with Thunder Hockey over the last 4 years in numerous goaltending clinics and evaluations. His role with the Thunder 95 team will focus on the development of goaltenders and defensemen. Coach Stelzer holds a Masters Level Coaching Certification from USA Hockey.

Tom Lackey – Assistant Coach



Linda Stelzer - Manager



Game Results:

95 Bantam Minor 2 @ Atlanta Jr. Thrashers 94 2 Sep 07, 2008	Details
95 Bantam Minor 1 @ Philadelphia Jr. Flyers 6 Sep 19, 2008	Details
95 Bantam Minor 1 @ Honeybaked Ham 8 Sep 19, 2008	Details
95 Bantam Minor 1 @ St. Louis Blues 8 Sep 20, 2008	Details
95 Bantam Minor 4 @ Grosse Pointe 6 Sep 21, 2008	Details
95 Bantam Minor 2 @ London Junior Knights 9 Oct 17, 2008	Details
95 Bantam Minor 1 @ Elgin Middlesex Chiefs 4 Oct 17, 2008	Details
95 Bantam Minor 1 @ Toronto Nationals 6 Oct 18, 2008	Details
95 Bantam Minor 1 @ Ottawa Valley Titans 4 Oct 18, 2008	Details
95 Bantam Minor 2 @ Valley Jr Warriors, MA 3 Oct 31, 2008	Details
95 Bantam Minor 1 @ Milwaukee Jr Admirals, WI 6 Oct 31, 2008	Details
95 Bantam Minor 1 @ Russell Stover 4 Nov 01, 2008	Details
95 Bantam Minor 7 @ Cleveland Jr. Lumberjacks 4 Nov 01, 2008	Details
95 Bantam Minor 1 @ Russell Stover 4 Nov 22, 2008	Details
95 Bantam Minor 0 @ Afton Americans 5 Nov 22, 2008	Details
95 Bantam Minor 4 @ Afton Americans 5 Nov 23, 2008	Details
95 Bantam Minor 1 @ Russell Stover 6 Nov 23, 2008	Details
95 Bantam Minor 3 @ Southern Flyers 94 1 Dec 06, 2008	Details
95 Bantam Minor 1 @ Southern Flyers 94 5 Dec 07, 2008	Details
Atlanta Jr. Thrashers 94 3 @ 95 Bantam Minor 4 Dec 13, 2008	Details
Carolina Jr. Hurricanes 7 @ 95 Bantam Minor 4 Dec 13, 2008	Details
95 Bantam Minor 4 @ Columbus Jr. Blue Jackets 4 Jan 02, 2009	Details
95 Bantam Minor 2 @ Columbus Jr. Blue Jackets 5 Jan 03, 2009	Details
95 Bantam Minor 8 @ S2 Hockey 3 Jan 03, 2009	Details
95 Bantam Minor 7 @ S2 Hockey 4 Jan 04, 2009	Details
St. Louis Blues 4 @ 95 Bantam Minor 2 Jan 09, 2009	Details
Russell Stover 9 @ 95 Bantam Minor 1 Jan 10, 2009	Details
Florida Jr. Panthers 6 @ 95 Bantam Minor 0 Jan 10, 2009	Details
Columbus Jr. Blue Jackets 5 @ 95 Bantam Minor 1 Jan 11, 2009	Details
Charlotte Checkers 6 @ 95 Bantam Minor 3 Jan 24, 2009	Details

Charlotte Checkers 3 @ 95 Bantam Minor 1 Jan 25, 2009	Details
95 Bantam Minor 3 @ Charlotte Checkers 1 Feb 01, 2009	Details
95 Bantam Minor 1 @ Charlotte Checkers 0 Feb 01, 2009	Details
95 Bantam Minor 9 @ Huntsville Chargers 1 Feb 07, 2009	Details
95 Bantam Minor 0 @ Russell Stover 6 Feb 13, 2009	Details
95 Bantam Minor 2 @ Florida Everblades 6 Feb 14, 2009	Details
95 Bantam Minor 4 @ New Jersey Devils 2 Feb 14, 2009	Details
95 Bantam Minor 1 @ Dallas Stars 4 Feb 15, 2009	Details
95 Bantam Minor 1 @ St. Louis Blues 6 Feb 28, 2009	Details
95 Bantam Minor 1 @ St. Louis Blues 8 Feb 28, 2009	Details
95 Bantam Minor 0 @ St. Louis Blues 5 Mar 01, 2009	Details

Team Stats Records:

Entire Season	W	L	T	GF	GA
Overall	9	30	2	94	194
At Home	1	7	0	16	43
On the road	8	23	2	78	151

Game Schedule	W	L	T	GF	GA
Overall	9	30	2	94	194
At Home	1	7	0	16	43
On the road	8	23	2	78	151

Workout Program

Here are some workouts for the boys, I will pass on more so they have some choices. They will be tested at the next practice weekend, it will be easy to tell who works at them. Technique is most important. It is also important the boys not only work hard at their practices, but find extra ice to skate during the break. We clearly have some players who are not in shape, some that lack conditioning and some that lack strength.

Workout #1

(This should be done every morning although twice a day is better.)

5 PUSHUPS

10 CRUNCHES 15 BODYSQUATS THAT IS 1 SET, START WITH 3 SETS AND ADD A SET UP TO 5, THEN GO BACK TO 3 SETS AND DOUBLE THE REPS.

Workout #2

(PERFORM 2-3 TIMES A WEEK)

USE 5-6 POUND DUMBBELLS TO START

10 SQUAT, CURL, PRESS

10 PUSH UPS

10 CRUNCHES THAT IS 1 SET, START WITH 5 SETS, NO BREAK IN BETWEEN

(IF YOU ARE NOT SWEATING WHEN FINISHED, USE HEAVIER DUMBBELLS)

Workout #3

(PERFORM 2-3 TIMES A WEEK)

-PUT A 10 POUND PLATE ON A HOCKEY STICK

- PLACE A CHAIR IN FRONT YOU
- GRIP STICK LOW NEAR BLADE
- LIFT OVER AND TOUCH GROUND BENDING KNEES
- OVER AND BACK IS 2, DO 10 REPS FOLLOWED BY 10 PUSHUPS. THAT IS 1 SET, DO 5 REPS

[Workout #4](#)

Row 250 meters
 20 thrusters with 10 pound dumbbells
 20 Kettelbells swings with 18 pounders
 3 times through, no rest

[Workout #5](#)

15 Squat/deadlifts with a 20 pound ball
 20 push ups
 25 Kettelbell swings with a 9lb Kettelbell
 3 sets no stopping

Team News

2009 '95 Nashville Festival

2008-12-30

Nashville Festival schedule and results.

The Thunder 95 team will be hosting the Nashville Festival January 9-11, 2009. Participating teams include St. Louis, Russell Stover, Florida, and Columbus.

Click [here](#) for the schedule.

Results are shown below:

Results

Date	Time	Visitor	Score	Home	Score
9-Jan	9:00 PM	St. Louis	4	Thunder	2
10-Jan	10:55 AM	Columbus	2	St. Louis	7
	11:40 AM	Thunder	1	Russell Stover	9
	3:10 PM	St. Louis	3	Florida	2
	3:25 PM	Russell Stover	4	Columbus	3
	6:40 PM	Florida	6	Thunder	0
11-Jan	7:40 AM	Russell Stover	4	St. Louis	2
	7:55 AM	Columbus	5	Florida	2
	10:55 AM	Florida	5	Russell Stover	3
	11:10 AM	Thunder	1	Columbus	5