

THE SWAMP GAZETTE



Official Newsletter of the Florida Everblades Fan Club

October 2008

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Member - Sharon Woodard
sharond217@aol.com

PRESIDENT'S REPORT

Well now I can believe it. Hockey season is back. We have a new team, a new coach but the same dream and that is to bring home the **KELLY CUP** to Germain Arena and all the Blades fans.

We have already had our Pre-Season Meet n' Greet and it was a tremendous success. For that I would like to thank everyone that worked on the committee. We had our first chance to get up close and personal with all the players we'll see on the ice throughout the year.

Yes, there have already been call-ups, send downs and trades but that's the nature of the beast and we have to live with it. Look's like our team is loaded with the talent needed to take us all the way.

This year I would like to encourage every member to take a larger role in **your** club. If that means working the table, heading a committee, even running for office. This is **your** club and we have a lot planned and that means that your help is not only needed but we won't be able to pull this off without it.

Please, come by the table or talk to any board member and they can point in the right direction.

As always, GO BLADES
DOUG BYINGTON, PRESIDENT

Calendar of Upcoming Events

Nov 7 - Chew Toy Night - Bring a chew toy or canned cat/dog food to the game

Nov 8 - Retro Night! Back to the 80's!

Nov 14 - Scout Night

Nov 15 - Last day for Special ECHL Basket Raffle - Don't forget to buy your tickets

COMMITTEES

Membership:	<i>Gini Hogenson</i> - membershipchair@live.com
Road Supplies: Apartment Supplies	<i>Bubba Devan</i> - mobletraviler@webtv.net
Spring Picnic:	<i>Open TBA 2009</i>
Newsletter:	<i>Doug Byington</i> - fanclubpresident@embarqmail.com
Fundraising:	<i>Open</i>
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Website Coordinator:	<i>Open</i>
Meet & Greet:	<i>Open TBA 2009</i>
Children's Activities	<i>Rene Neuberger</i> - ihearthockey@comcast.net
Holiday Party:	<i>Melissa Willis</i> - mw4blades@aol.com
Button/Photos:	<i>Russell Hogenson</i> - dalejrfan8808@live.com

The Florida Everblades Fan Club now has its own private phone number. Secretary Rene Neuberger will monitor the phone and any messages. Our new phone number is 239 834-3177. You can use this number leave us a message and Rene will respond accordingly.

Button Update

Hey everybody, it's great to finally be part of the fan club. I have heard so many good things that this club does for the players as well as all the fun events that the club puts on to include all of us participating with the guys from the team. Most of you probably don't know that there is a new person producing the picture buttons this year; well that's me. Hi my name is Russ Hogenson and I am the new picture button chairman.

My wife and I have become more involved in the club this year due to my parents being involved with the club since it started. We are looking forward to an exciting year of hockey this year.

If any of you have any pictures of the team during any of the games or any of the many events through out the year, I would like to have a copy of those pictures so I can make picture buttons with them. Feel free to email any pictures to me at dalejrfan8808@live.com. Any and all pictures will be greatly appreciated

Russ Hogenson
Photo Button Chairman

Hockey Fun Facts

Who was the first woman to play in the NHL?

Manon Rheaume. Goalie Manon Rheaume played in an exhibition game for the Tampa Bay Lightning in 1992. In 1998, she plays in the Nagano Olympics for Team Canada. She faces 9 shots and surrenders 2 goals.

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Florida Everblades Fan Club Mission Statement

“We, the members of the Florida Everblades Fan Club, are committed to act in a professional manner, as a booster organization, in supporting all efforts for the promotion of professional hockey in Southwest Florida. The objectives of the Fan Club are to have fun, along with providing a forum for hockey enthusiasts to exchange ideas and have opportunities to enjoy the game of hockey. Furthermore, the Fan Club will provide support for the members of the Florida Everblades hockey team and their families.”

Member Benefits

I would like to announce that some of our corporate sponsors are offering special discounts and promotions to the members of the Florida Everblades Fan Club. Here is a list of our sponsors and the discounts they offer.

**** Perkins Restaurant & Bakery ****

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2010 ECHL JAMBOREE

The Board of the Florida Everblades Fan Club is proud to announce that the 2010 ECHL Booster Club Jamboree will be coming to SW Florida. It took a lot of work in preparing the presentation and will take a lot more work from our members over the next 2 years to make this the best Jamboree ever. Please go to www.echlbc.com for any updates for our Jamboree or the 2009 Jamboree bring held in Gwinnett, Ga.

Links to Other ECHL Booster Clubs

TEAM

Alaska

Augusta

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Charlotte

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Columbia

Dayton

Elmira

Fresno

Gwinnett

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Johnstown

Las Vegas

Mississippi

Pensacola

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WEBSITE

www.al-bc.org/

<http://www.bakersfieldcondors.com/organization/boosters.php>

<http://www.cyclonesfanclub.com/>

www.infernofanconnection.com/CIBC.html

<http://www.elmirajackalsboosterclub.com/>

<http://www.falconeers.com/>

<http://www.gwinnettgladiatorsboosterclub.com/>

<http://www.steelheadsboosterclub.org/>

<http://www.johnstownchiefsfanclub.com/>

<http://groups.myspace.com/lasvegaswranglers>

http://pipbc.com/index_2.html

<http://www.roadrunnersboosters.com/>

<http://www.rrbc.us/>

<http://www.thunderhockeyboosterclub.com/>

<http://thetexaswildcattersboosterclub.com/>

<http://www.stormfanclub.org/>

<http://www.utahggbc.com/>

<http://www.nailershockey.com/boosters.htm>

<http://www.phpa.com/en/content/home/index/>

While you're surfing the NET check out these websites from the other booster clubs of the ECHL. I think you'll learn a few things and have some fun in the process. In future issue we'll post different hockey sites that you can tour and have fun at the same time. Editor

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Hockey Trivia

(or info to impress your friends with!)

“Ice 101” – Part 7

Hockey Fitness

(courtesy of exploratorium.edu)

The demands of the game of hockey, along with an 82-game schedule, take their toll physically and mentally on the players. How do players stay fit and focused during the season? How do they protect themselves from injuries? We talked to the Sharks team doctor, conditioning coach, and the players themselves. We looked at getting fit and staying that way through the season.

Holding your breath

Most of the players work hard in the summer. Long gone are the days when a professional hockey player could just take the summer off. Weights, bicycles, running, inline skating --players do whatever it takes in the off-season to stay fit. Players say that while they work hard all summer, the demands of the game itself are more intense and it takes a while for everyone to get to point to where they feel comfortable physically. So just how intense is it on the ice? One player said, "I don't think you're breathing half the time. You're mostly exhaling...pushing and shoving...and concentrating so much you don't think about breathing at all. That's why we can only stay out there for a minute at a time. It's like holding your breath."

Crash Diet

During the course of an average game, some players can lose as much as 5 to 8 pounds. This loss is mostly water, so players are concerned about making sure they keep enough fluids in their bodies. Goalies, who make it to the bench much less often than other players (who have one-minute shifts), keep a water bottle on top of their goal. Goalies can lose as much weight as a forward or defenseman. The water bottle on top of the net has become a part of the game. Occasionally it will move when a goal is scored--this has been used more than once by replay judges and announcers to help determine whether a disputed goal should count.

Some players lose more than just water. Many players will lose weight during the course of the season. In an extreme case, Sharks Captain Todd Gill went from 180 pounds to 165 pounds (82 to 74 kg) over the course of the 1996 season. Injuries to teammates and large numbers of penalty killing situations gave the Sharks' captain more than his share of ice time. Sharks Strength and Conditioning Coach Steve Millard told us that the team monitors the players' weight and that, "Fifteen pounds is more significant than we like to see." They gave Gill nutritional supplements to help him keep his body weight up. Millard told us that it was typical for a player to lose 6 or 7

pounds (3 kg) in fat and lean body mass during the course of the season. So why is weight loss a concern? Apparently, losing that much weight indicates that a player is constantly having his system broken down and he is not recovering. In this situation, he is losing muscle mass and may be more susceptible to injury.

Coming down

After one of the most intense workouts in team sports, what you do when the game is over? The answer was surprising. Most of the players will hop on a stationary bicycle and ride for a half hour. Why do players do this? We asked Steve Millard. He said the players ride the bicycles to help remove lactic acid from their systems. Lactic acid is what causes muscles to burn after strenuous exercise. To really understand why riding a bicycle after playing a hockey game makes sense; let's look closer at lactic acid.

Lactic acid forms as a by-product of energy production by the muscles. Muscle fibers convert glycogen (which is formed from glucose) to *adenosine triphosphate* or ATP. ATP is the energy source muscle fibers use to make muscles contract. Some of the reactions in converting glycogen to ATP take place without oxygen, and when this happens a compound called *pyruvate* is produced. Some of this pyruvate can be converted into energy, but the excess becomes lactic acid. The Exploratorium's new book, **The Sporting Life**, describes lactic acid as, "a dead end as far as energy production is concerned." So how do players (and the rest of us) relieve the soreness and turn around this "dead end" situation? The best way is to continue to exercise, but at a slower pace, without muscle strain. Also, if you can get it, a good massage will help. Increasing blood circulation cleans out built-up lactic acid from the muscles.

Size and Speed

"The larger, faster athlete seems to be the trend," Sharks Team Doctor Arthur Ting told us. Average players now tip the scale at over 200 pounds. Smaller fast players can still play a role but many of these players need to have exceptional skills to stay in the league. The Sharks are one of the largest teams in the NHL, second only to the Philadelphia Flyers in average weight. The Flyers have gained success with their "legion of doom" line, a hard-hitting, highly skilled line of players who all easily top the 200-pound mark. The line's center is Eric Lindros, a 6 foot 4, 229-pound player. The Sharks are looking for the same sort of success and have a number of large, skilled younger players like 6' 5" 230-pound Andrei Nazarov and 6' 4" 225-pound Viktor Kozlov.

We asked former Head Coach Al Sims about players' size and he thought that larger players contribute to better puck possession. "Larger, stronger players can win the battles against the boards and come out with the puck more often." But size and even speed aren't everything. Sims told us, "There's something called 'smarts' or 'intuition'; whatever you want to call it, some players have it, and some don't. Some players have a sense of where other players are on the ice. They can see where plays are developing and they anticipate very well." The "thinking players" as Sims called them, are the ones they look for.

Physical and Psychological traits

If NHL teams posted an ad in the newspaper looking for hockey players it might look something like this:

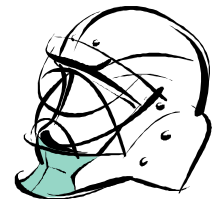
Wanted: NHL hockey player. Must be a highly skilled skater, passer, checker, and shooter. Needs to be in top physical condition. Would prefer applicant to be over 200 lbs, in mid-twenties with lots of experience. Must be willing to work in high-stress, sometime dangerous conditions. Must be highly competitive, a team player and willing to travel. Position starts at 200k or more depending on experience.

Certainly it takes a unique person to play in the NHL. We were interested in what traits these players shared. Sharks Team Doctor Arthur Ting commented, "They all have extreme competitiveness...a relentless personality with regards to competition." He followed up by saying that he thought they were all gifted physically, but it was the desire to compete and to push their bodies which got them to the next level. The combination of skill along with the competitive nature of these athletes is part of what makes watching the game of hockey so enjoyable for us fans.

END.

Editors Note:

I want to thank the website of exploratorium.edu for the information provided within these articles and would encourage all our members to check out their website for more interesting and educational material.



MEMBERSHIP UPDATE

Membership totals as of 11/1/08

Total memberships	54
Total Adults	96
Total Children	39
New members	29

NEWS FROM THE ECHL

2009 Kelly Cup Playoffs

The ECHL Board of Governors approved the format for the 2009 Kelly Cup Playoffs as follows.

The top four finishers in each division will be seeded based on regular season point totals.

The Division Semifinals will have the first seed meeting the fourth seed and the second seed meeting the third seed in a best-of-seven series.

The winners of the Division Semifinals will advance to the Division Finals which is a best-of-seven series.

The Division Finals winners will advance to the Conference Finals which is a best-of-seven series.

The winner of the American Conference and the winner of the National Conference will meet in the Kelly Cup Finals, a best-of-seven game series.

Home-ice advantage will be determined by regular season points.

2009 Kelly Cup Playoffs Format

Division Semifinals (Best-of-Seven Series)

No. 1 Seed (Division Winner) vs. No. 4 Seed

No. 2 Seed (Division Winner) vs. No. 3 Seed

Division Finals (Best-of-Seven Series)

Semifinals Winner vs. Semifinals Winner

Conference Finals (Best-of-Seven Series)

Division Winner vs. Division Winner

2009 Kelly Cup Finals (Best-of-Seven Series)

National Conference Champion vs. American Conference Champion



2009 ECHL All-Star Game

The Reading Royals and the ECHL on Tuesday unveiled the logo for the [2009 ECHL All-Star Game](#) hosted by the Royals and the City of Reading at the Sovereign Center on Jan. 21, 2009.

The logo has a purple keystone outlined in silver and white on top of a black keystone outlined in silver with "All-Star" in white letters trimmed in black across the center. The nickname for the state of Pennsylvania is "The Keystone State". "ECHL" is written in white letters above "All-Star" and "Reading" is written in white letters below. The bottom of the logo has a red ribbon trimmed in black and silver with "2009" in white.

It will be the 17th edition of the annual midseason game that showcases the top prospects in the Premier 'AA' Hockey League. The 12th edition of the All-Star Skills Competition will be held on Jan. 20, 2009 at the Sovereign Center.

In conjunction with the All-Star Game festivities, the Royals, the City of Reading and the Sovereign Center will be hosting 'Hockey Week In Reading' which will be a series of special events, including a special game on Martin Luther King Jr. Day.

The All-Star festivities will also include the official induction ceremony for the second class, which will be announced later this year, into the [ECHL Hall of Fame](#).

Thank You To Our Sponsors

The Florida Everblades Fan Club would like to thank all of our sponsors for their assistance in helping us provide for the team. To show our appreciation we highly encourage all members to patronize these outstanding sponsors for the 2008-2009 Florida Everblades Hockey season.

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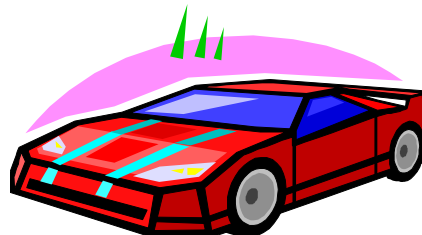
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