

SeaHawks Newsletter

“Anchoring town hockey in Hull, Norwell, and Scituate.”

Issue III



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4th Biennial Fundraiser !!!!

When? Saturday, March 7th from 7:00pm to 11:00 pm

Where? The River Club, 78 Border Street, Scituate, MA

What will be there?

- * Buffet
- * Disc Jockey
- * Comedian
- * Cash Bar
- * Live auction + Silent Auction
- * Generous Team gift baskets
- * Tickets \$55 per person
- * Buy tickets at www.southshoreseahawks.org



Please remember to play safe: bring a designated driver!



Keeping in step with

Andy Spinale



Coach Andy Spinale is a recognizable face in SeaHawks Nation. He and his wife, Jen, have three sons: Conor (Squirt A), Grady (Mite B), and Patrick (3 years old and a future SeaHawks player). Andy has been around ice hockey as long as he can remember. He played for the Framingham Jets Youth Hockey League as a youngster, then he laced up for Rivers High School in Weston. Andy, the Squirt A coach, was gracious to share a bit about himself with all of SeaHawks Nation.

SeaHawks Nation (SN): Why do you enjoy coaching?

Andy Spinale (AS): It's enjoyable to work with kids. Unlike adults (insert laugh), they are sponges for information. Seeing the kids process information and grow each week makes it worthwhile.

SN: What benefits do you see with Town Hockey programs?

AS: The kids get to play with their friends. It makes it easier for them to learn from each other because there is such familiarity.

SN: How has ice hockey changed since you were a kid?

AS: The equipment has revolutionized the game. It's bigger yet lighter and even protects greater. These kids today move with more speed than my generation.

SN: Now as far as your personal likes... favorite movie?

AS: Shawshank Redemption

SN: Favorite TV show?

AS: Seinfeld

SN: Favorite book?

AS: "Gretzky"

SN: Favorite junk food?

AS: Cheeseburger

SN: Favorite dessert?

AS: Canoli

SN: What parting advice do you have for our players?

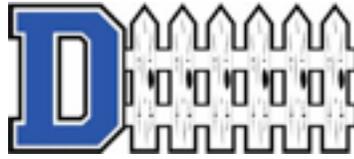
AS: No matter what you do—have fun, work hard, and remember that the sky is the limit.



"Sometimes people ask me if hockey fights are real. If they weren't, I'd get in a lot more of them."

—Wayne Gretzky

SeaHawks Player Profile: Jack Thompson



Jack Thompson is a veteran SeaHawks player currently skating as a returning Peewee A. When asked about his earliest SeaHawks memories, Jack paused, then smiled and said, "Learn to Play and Mite C's were the best. I played for the Rangers and the Blues." Much has happened in the following years. Jack has grown: physically, mentally, and athletically. His progression has not gone unnoticed. Veteran SeaHawks coach Mike O'Brien has seen plenty of Jack Thompson on the ice. "Jack is a classic stay-at-home defenseman who forces good players to take the puck wide, forcing them into areas of the ice they prefer not to go. On offense he takes few chances but is excellent at getting the puck down low and thru traffic to the net. He's a player." The SeaHawks recently caught up with Jack at Bavis Arena for a sitdown.

SeaHawks Nation: What is your favorite position?

Jack Thompson (JT): I've played all positions but defense is definitely my favorite. I very rarely play forward anymore."

SN: What is your favorite hockey rink?

JT: Falmouth

SN: What team is your favorite opponent?

JT: The Taunton Brewins. They are big, fast, physical, and good. They challenge our team to play at a higher level. We lost our first game to them but fought them to a tough tie a few weeks ago. They're a playoff contender."

SN: Who is your favorite NHL player?

JT: Jonathan Tavares of the New York Islanders

SN: Favorite movie?

JT: Jaws

SN: Favorite TV show?

JT: I have two: The Walking Dead and Modern Family

SN: Favorite book?

JT: The Heroes of Olympus series

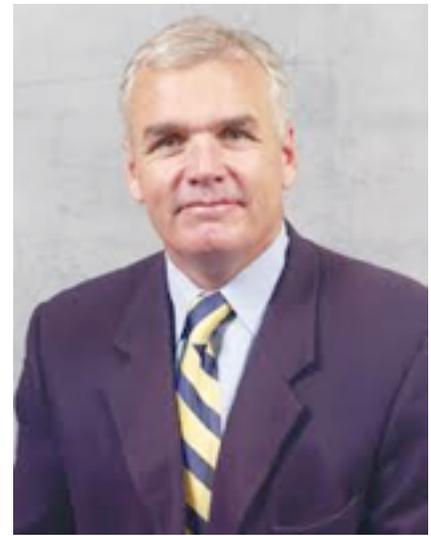
SN: Could you share a Jack Thompson fun fact?

JT: I fell off a ten foot cliff and didn't get hurt

SN: Why do you enjoy playing for the South Shore SeaHawks?

JT: I get to play hockey with my friends

The Pro Touch



**Mike
O'Connell**

Athletic success can be measured many ways: achievement at the highest level, teaching the craft to others, cultivating new talent, and even sports organization management. Cohasset native Mike O'Connell has done all these things. Fresh off Stanley Cup Championships in 2012 and 2014, Mike is the Director of Pro Development for the LA Kings. Prior work includes a lengthy management stay with the Bruins, most notably as GM. Mike shined on the ice. He played in the NHL between 1977-1990, competing in 860 games and netting 440 points. He was a defenseman who was solid in all areas of the ice. He played for three organizations: The Chicago Blackhawks, The Boston Bruins, and the Detroit Red Wings. In 1984, while playing for the Bruins, he was selected as an NHL All Star. Mike also proudly represented Team USA in the 1981 Canada Cup. SeaHawks Nation caught up with Mike and he graciously shared a bit about himself and his thoughts on ice hockey.

SN: Where did you play hockey as a kid?

MO: I played youth hockey for the Scituate Braves and the Cohasset Tars. Then I played high school hockey for Archbishop Williams.

SN: How is youth hockey different now than 25 years ago?

MO: Hockey has become a "specialty" sport that's played year-round. When I was a kid, we played every sport. Back then, there wasn't as much emphasis on skills. It was more about "hustle" and "playing the game." What's really different is the lack of unsupervised play. Today, adults are at every hockey setting. When we played with just kids, we seemed to figure things out on our own and developed our own set of independence.

SN: How is the NHL different?

MO: The equipment has changed so much. The skate blade is much stronger. Years ago it took a player and his pursuing opponent three feet to effect a stop. Now, these kids stop on a dime. In a sense, the rink has shrunk. There is less room to maneuver. The players' conditioning is remarkable. The speed of the game has increased drastically.

SN: Who were the team leaders when you were with the Bruins?

MO: Wayne Cashman, Ray Bourque, Terry O'Reilly, Milbury, and Keith Crowder

SN: How important is leadership in the locker room?

MO: It's huge. Motivation is a big part of the game. The use of voice should never be diminished.

SN: What separates ice hockey from other sports?

MO: It's a three-hour family experience. You can't just drop off a kid at a rink and drive away. Family is involved. Some of the best family life moments are the ten minute (or more) talks that happen in the car. These are moments that may not have occurred. Hockey forms lifetime bonds.



SeaHawks Short Story Contest!

- * No minimum word length
- * All entrants receive SeaHawks Prize
- * All stories shall be printed!
- * March 15th deadline. Submit to: donahue67@comcast.net

Aedan Coyle of the Mite A's was the first submission.

Great job, Aedan!

Once upon a time there was a seahawk. He wasn't like other seahawks, he stayed in the north for the winter, he ate worms and he played hockey. He was a defenseman, a pretty good one too. It was his first game of the season and he was nervous. Once he got the puck, then he skated with it past the offense then past the defense. He was on a break away, he shot...he scored!!! He was so good that game they named the team after him.

By Aedan W. Coyle
Mite A Seahawks



A SeaHawks Winter to Remember !!!

SeaHawks humor courtesy Jay Ryan



Submissions (photos, contributing articles, etc...) may be sent to:

donahue67@comcast.net

attn: SeaHawks Newsletter