

# SeaHawks Newsletter



“Anchoring town hockey in Hull, Norwell, & Scituate”

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Mite Star Sean Haskins has many fans in SeaHawks Nation—but none is bigger than Coach Mike Lovering. The veteran SeaHawks coach notes that Sean is a proud Native American whose cultural name is quite fitting. “Sean’s tribal name is Osprey, which, of course, is also known as a ‘Sea Hawk’,” Lovering said. “The osprey commands great respect in the Native American culture, and some view them as guardians.” Lovering remarked that Sean is a dedicated player and teammate who loves being part of the locker room. The Mite B White star is a solid defenseman who improves each time he skates. Friday Night 3 x 3 Play at Pilgrim has become his favorite hobby. He is also an avid Providence Bruins fan; David Warsofsky is his favorite player. Sean’s activity with his SeaHawks friends isn’t limited to the ice; he attends the annual kickoff Jamboree and all SeaHawks movie days! Keep your eye on this up-and-coming SeaHawks star. He shines !

- SN:** Who is your favorite NHL player?  
**SH:** Defenseman Zdeno Chara !  
**SN:** Favorite hockey rink?  
**SH:** Pilgrim Arena  
**SN:** Favorite Junk Food?  
**SH:** Nacho Chees Doritos  
**SN:** Favorite Dessert?  
**SH:** Ice Cream  
**SN:** Favorite movie?  
**SH:** Star Wars: The Force Awakens  
**SN:** Favorite TV show?  
**SH:** Teen Titans  
**SN:** Favorite school subject?  
**SH:** Gym and Recess !  
**SN:** Favorite sport other than hockey?  
**SH:** Football  
**SN:** Why do you like playing SeaHawks?  
**SH:** I get to play with my friends!

## SeaHawks Defenseman Sean Haskins





## Coach Shastin Garland, with son Ben

Shastin Garland is a valuable member of our South Shore community. When she isn't teaching junior high school kids or playing the part of parent, she's laced up on the ice as coach of the Mite B Blue Team with her son, Ben. But, there will soon be another Garland gliding on SeaHawks ice. "My youngest son, Reid, can't wait to play next year!" Garland's career path and life path have made her the perfect fit for the SeaHawks. As a player, she understands the logistical components of instruction; yet, as a teacher and parent, she excels at mentoring the kids!



**SN:** Can you tell us about your kids?

**SG:** Ben is 7 years old and is all about sports! He especially loves playing and watching hockey. Reid can't wait for next year!

**SN:** What's your hockey background?

**SG:** I played in high school when there were only a few schools that fielded Girl's ice hockey programs. Then, I returned for recreational leagues 10 years ago.

**SN:** What's changed in the last 20 years?

**SG:** There are more opportunities to get involved with hockey. Kids are developing amazing stick handling and skating skills with the ADM model. The fast pace of practices and a variety of activities are really fun for both kids and coaches!

**SN:** What is the direction of hockey?

**SG:** I only see it increasing in popularity, especially town hockey, as other programs get more demanding and more expensive. I anticipate the game will be defined more by skill and less by brute force. I also see more girls and women getting involved, especially with the inaugural season the the NWHL.

**SN:** Who was your hockey role model?

**SG:** Oddly, my non-hockey playing family encouraged me to try different sports so I could find one that stuck. One did: hockey! Years later, my hockey "newbie" husband urged me to return to the ice!

**SN:** Favorite NHL'ers, past and present?

**SG:** Chara and Bourque—defensemen!

**SN:** About you, now... favorite junk food?

**SG:** Chips, but especially Doritos!

**SN:** Favorite dessert?

**SG:** Ice Cream, but... after a cold morning at the rink I enjoy hot cocoa!

**SN:** Favorite movie?

**SG:** Anything with new perspectives

**SN:** Favorite TV show?

**SG:** Nah, I'd rather play with kids outside!

**SN:** Favorite book?

**SG:** Anything for the kids: "The Last of the Really Great Whangdoodles," by Julie Andrews Edwards or "Poppy" by Avi

**SN:** Advice for today's player?

**SG:** Before they step on the ice for every game or practice, they should listen to their coach, skate hard, and have fun!

# SQUIRTS

SKILLS  
COMPETITION



**WHAT:** Skills competition

**WHEN:** Saturday, February 20th from 6:10 pm until 8:20 pm

**WHERE:** Bavis Arena in Rockland

**WHO:** All SeaHawks Squirts and Girls U-10 players

**Cost:** \$10 registration fee paid ON-LINE (tee shirt for first 30 kids!!!)

<http://southshoreseahawks.org/Registration/Default.asp?n=114429&org=southshoreseahawks.org>

**HOW:** The players will be broken into four (4) equal teams and all competitions will be team based. The first part of the event will be a series of five skills-based competitions. Following the conclusion of those events a small round-robin game portion of the evening shall take place. A pizza party in the upstairs area shall be held after the event. Please come out and support this fun and event and mingle with friends of SeaHawks Nation.





# South Shore SeaHawks

**Congrats to our winners!**  
Go to website for complete list of players



1.	Finn Carragher	Squirt B Blue	23,466	PUCKS
2.	Cali Cerruti	U-10 A	13,530	PUCKS
3.	Grace Campbell	U-12 B	11,000	PUCKS
4.	Jacob Carnes	Peewee C	10,001	PUCKS
5.	Maggie Mullen	Mite B Blue/U-10A	9,450	PUCKS
6.	Luke Ryan	Mite A	8,968	PUCKS
7.	Jake Mullen	Peewee C	8,800	PUCKS
8.	Stella Spaulding	U-12 A	8,461	PUCKS
9.	Cole Ryan	Mite In-House	8,402	PUCKS
10.	Elizabeth Carnes	Peewee C/U-12 B	8,000	PUCKS



# The SeaHawks Hockey Quote Board

*a slanted look at our sport !*

**“You’re on the Power Play... but don’t touch the puck !”**

— Archbishop Williams Coach Frank Quinn, speaking to player Chris Mullen, circa 1990



**“Hockey Players are bi-lingual—English and profanity !**  
- Gordie Howe

**“If your’e not gonna work hard then go home and play NHL  
15 instead !”**  
— Coach Chris Mullen

**We can dangle !!!**

— Coach Chris Mullen

**HOCKEY: the original extreme sport !!!**  
— via Coach Joe Campanale



**“When the puck goes in the corner, your mommy and daddy ain’t going in there behind you. It’ll be the bogeyman! Handle it!”**

— Hockey quote via internet



# Quick Hits



**Jamie Murray, Babson College senior and SeaHawks alumnus, is once again a finalist for the Hockey Humanitarian Award for outstanding contribution to the community. Jamie has organized fundraisers that aid pediatric kidney disease, as well as financial relief to returning American soldiers. Jamie's work—both on and off the ice—make him a role model for all young SeaHawks!**

**MIGHTY**



**3**

SeaHawks Movie Day during February Vacation at Scituate Harbor Cinema !!

Stay tuned for date and time !!!