



Tri-City Storm Booster Club

Websites: www.stormboosterclub.com

www.tricitystormboosters.com

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Vol. 10, No. 5

PO Box 2101, Kearney, NE 68848

January 2011

January General Meeting

**Join us for spaghetti & salad
Four Storm players will be there to talk
about the last road trip, the next game,
their past hockey experiences,
their future plans....**

**Tuesday
January 25, 2011
6:00 p.m.**

**Viaero Event Center
VIP Room - 2nd floor**

No ticket price for the meal, but donations will be welcome.

Jan needs to know how many to plan for. Call her at 293-4061 or send a message to janhankey@charter.net to let her know how many from your family plan to attend. Deadline is 3 p.m. on Jan. 25th.

Roster Changes

Three players have left the Storm team.

Dominic Panetta was traded to Indianapolis.

Brandon Fisher was traded to the Kanai River Brown Bears in the NAHL. Brandon has gone back home to Alaska to play for the team he was with before coming here last spring.

Davey Middleton was traded to Topeka, also in the NAHL.

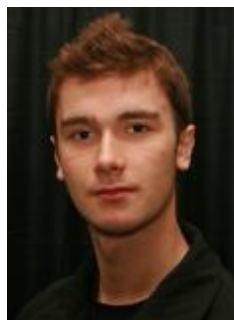
It is possible both Fisher and Middleton will return next season.

Three players have joined the team

Defenseman, **Michael Montrose**, has returned to the Storm after a semester at Bowling Green. Montrose is from Howell, MI, and came to the Storm last season as the result of a trade with the Waterloo Black Hawks.

Forward, **Daniil Zharkov** was added after the Christmas break. Daniil is from St. Petersburg, Russia.

Forward, **Eric Millisor** (Mill-eye'-soar) is the newest member of the team. He is from Ecorse, Michigan, and had been playing in Flin Flan, Saskatchewan the first half of this season.



Daniil Zharkov – F, 6' 3", 195, 2/6/1994

Daniil Zharkov comes to us from St. Petersburg in Russia. He has played on the Russian U18 and U16 teams in international play. At home he played for the

Yaroslavl Locomotivs and then the St. Petersburg Silver Lions.

Eric Millisor – F, 6'1", 196, 6/11/1990

Eric Millisor comes from the Detroit, MI suburb of Ecorse. He began his junior hockey career with the Stratford Cullions in the Ontario Hockey Association in the 2008-2009 and part



of the 2009-2010 seasons. He finished out the second season with the Motor City Metal Jackets,

This article by Dave Ellis appeared in the November 2010 issue of USA Hockey magazine. It's probably not bad eating advice for any of us. We all know binge eating will lead to the accumulation of body fat and that regular, well balanced smaller meals are better for us. However, knowing and doing are two different things, right?

How Often Should Athletes Eat?



We typically feed athletes every four hours. Breakfast, lunch, energy and recovery supplements when training, dinner as soon as we can get them cooled down after training and a snack when they are done with their studies. Smaller, more frequent intake helps an athlete sustain energy levels for physical and mental work, helps support more effi-

cient recovery and minimizes the accumulation of body fat that comes with binge eating. After we work on correcting the quality of an athlete's diet, the next biggest focus is calorie distribution. How are we going to spread those calories over the day? This is a big problem with college and professional athletes who value sleep over eating.

Dave Ellis is a sports dietitian and strength coach celebrating 25 years of practice in collegiate, Olympic and professional athletics. For more tips go to fuelingtactics.com.

Hockey Weekend

The fourth annual Hockey Weekend Across America is coming up on the third weekend in February. A special activity is planned for each of the three days Friday through Sunday.

Friday, February 18th is "Wear your Jersey to School" Day. Students are encouraged to wear their favorite hockey jersey to school. Adults can wear theirs to work.

On Saturday, the 19th, the NHL is sponsoring a "Bring a Friend to the Rink" Day.

Fans are encouraged to bring friends or family members who have never attended a hockey game, or have not been to one for a long time, to a hockey game. **The Tri-City Storm will be playing the Fargo Force at the Viero Event Center that night.**

Sunday, Feb. 20th, has been designated as "Celebrate Local Hockey Heroes" Day. It's a time to honor local players and fans with ceremonies, letters to the newspaper editor, or even just telling them personally how much you appreciate their participation.



Storm Birthdays

We have four birthdays coming up. The two youngest members of the team will be turning 17.

Andrew Dorantes birthday is January 21 and **Daniil Zharkov**'s is a couple of weeks later on February 6.

In between those two dates **Chris Holden** will celebrate his 21st birthday on January 28th.

Brian Ward turns 19 on Valentine's day, February 14th.



Focus on Storm Fans

This is Sherry Campbell's seventh year as a member of the Tri-City Storm Booster Club. She joined in 2004. She is also a season ticket holder. Sherry lives in Grand Island and drives to Kearney for all the home games. She is one of those fans who makes the Tri-City Storm truly the **Tri-City Storm**.

Sherry tells of the time back about the second year the Storm played here. She had a couple of tickets for a Storm game, they were hard to come by in those days, intending to take her nephew along. The nephew had a conflict so she asked her mother, Hulda Smith, if she would like to go. Mother agreed so off they went to Kearney.

Afghan Raffle Coming Soon

When Hulda Smith is watching the 6:00 news and other favorite TV programs she crochets afghans. Being a Storm fan it was a logical move to make one using Storm colors. That one turned out so well she made another one for the Booster Club to use in a fundraising raffle.

The Booster Club will decide at our next meeting when to start this raffle, for how long and when to have the drawing. Be sure to stop by the Booth to see the afghan and buy your tickets.

Storm on TV

Because of the success last season of broadcasting a Storm game over the Fox Nebraska network, two more games will be broadcast. The dates and game times are as follows:

Jan. 29, 7 p.m. – Storm vs. Chicago

March 26, 7 p.m. – Storm vs. Fargo

If you have Charter, go to channel 4, if you have satellite TV go to channel 17.

Also for you fans who will be attending that Jan. 29th game – **Wear White!** The Storm is calling for a whiteout that night in the game against Chicago.

A short time later Mrs. Smith asked her daughter if, by any chance, she could get more tickets to the hockey games. Seems she liked watching those boys skate.

A new Storm fan was born and soon they were on the list to get season tickets. Then Mrs. Smith convinced her sister to go along too. Chalk up one more Storm fan.

Now on home game days Sherry picks up her mother, who is 91, and her aunt, who is 89, and they make the drive to Kearney to sit behind the Storm player bench near the red line and watch those boys skate.



Past Players Update

This season the focus will be on the Storm team of 10 years ago, the 2001-0112 season. Twelve players returned from the first season.

| | | | |
|----------------|-----------------|---------------|----------------|
| Chad Anderson | Loren Havemeier | Bille Luger | Connor Phippen |
| Konrad Reeder | Scott Romfo | Bryan Schmidt | Matt Scherer |
| Christian Toll | Troy Troje | Kyle Worner | Erik Young |

Five of the returning team members played professionally through last season:

Scott Romfo is not playing this season. He has possibly returned home to the Minneapolis, MN metro area.

Chad Anderson spent a season with the Philadelphia Phantoms and 3 seasons with the Hamilton Bulldogs in the AHL. This season he is in Anchorage playing for the Alaska Aces in the ECHL

Konrad Reeder left the Rosenheim Starbulls in the ESBG German league at Christmas break and returned to the United States. He is now playing for the Rapid City Rush in the CHL. This is the same league he has been playing in since graduating from St. Cloud in 2006.

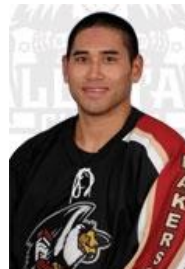
Bryan Schmidt returned after two years in Germany and has joined the South Carolina Stingrays in the ECHL.

Matt Scherer is also playing for the South Carolina Stingrays. This is his fourth season there, having joined the team when he graduated from the U of Connecticut in 2007.

(Millisor, cont.)
 an NAHL team in Trenton, MI [Rick Pinkston's home town].

Eric started the current season with the Flin Flon Bombers in the Saskatchewan Junior Hockey League. He joined the Storm team as they traveled to Sioux Falls on Jan 12 and played his first game with the Tri-City Storm that evening against the Stampede.

A total of 18 new players participated in anywhere from three to 61 games that second season. We apparently had a 61-game season. Two of them are still playing professionally.



Bobby Robins spent one season with the Storm and then attended U of Mass/Lowell for four years. After graduation he spent two seasons playing for three different teams in the AHL and one in the ECHL. Then he went to Europe for two seasons.

The first season he was in Ireland and second season he played on an Austrian team. Bobby has returned to the US and is currently in California playing for the Bakersfield Condors.



Larry Sterling came to the Storm from Lake Orion Michigan after the season had started and played in 11 games for us. That season he also played a couple of games for the Plymouth Whalers in the OHL, and a few for the Cleveland Barons and the

Pittsburgh Forge. Storm fans remember him for the goalie fight at Waterloo in our last game of the season. It was the first goalie fight in the Tri-City franchise history.

The next season, after leaving Kearney, Larry went to Detroit and played for the Compuware Ambassadors in the NAHL. Then he moved into the professional ranks of the CHL, spending two years with the Ft. Worth Brahmas and a year with the Memphis RiverKings.

His next move was into the newly formed IHL to play three seasons for the Port Huron Icehawks. This season Larry returned to the Mississippi RiverKings in the CHL in Memphis, Mississippi.

Tri-City Storm Booster Club

Official Booster Club of the Tri-City Storm hockey team
 stormboosterclub.com P O Box 2101, Kearney, NE 68848

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