

# ANOKA



## Home of the Tornadoes

### ANOKA VARSITY HOME GAMES

11-22-17	Rogers	7:00 p.m.	01-25-18	Elk River	7:00 p.m.
12-14-17	Andover	7:00 p.m.	02-03-18	Centennial	3:00 p.m.
12-19-17	Totino-Grace	7:00 p.m.	02-08-18	Champlin Park	7:00 p.m.
01-04-18	Blaine	7:00 p.m.	02-15-18	Coon Rapids	7:00 p.m.
01-13-18	Maple Grove	3:00 p.m.	02-17-18	Armstrong/Cooper	3:00 p.m.

**2017 - 2018**

# HOCKEY

# Cub FOODS<sup>®</sup>

## Riverdale



# GOOD LUCK TORNADOES

From your local Riverdale Cub Foods!

Proudly serving our community for 20 years!



12900 Riverdale Drive Northwest, Coon Rapids, MN 763.421.4252

# WELCOME TO ANOKA HIGH SCHOOL HOCKEY!

Tornado Hockey Fans,

Welcome back to another exciting Anoka hockey season! As we pass the mid-way point of trimester 1, the hallways are beginning to stir with the excitement for our Tornadoes Hockey season. The boys have been working hard in the off-season to prepare for a run at a Section Title and a chance to play for a State Title. Coach Reinholz and his staff are gearing up and preparing the practice plans for the upcoming season! The bleacher captains are planning to draw large student crowds to each game and show our school spirit in supporting our Tornado team. The off season training was good and the boys are ready to get on the ice and begin their quest for a title.

We appreciate your support tonight of our Tornado Hockey team and all of your positive comments. I ask that everyone in attendance cheer in a positive fashion for our team, coaches, and refrain from negative comments toward referees, opposing team and coaches, as well as our team and coaches. Please show your Anoka High School spirit and keep your comments supportive in nature. As an Anoka Family, we want to support each other at all times whether in a win or a loss. Your support of our program is extremely important. Thank you for all you do to rally behind our team, coaches, community and Anoka High School. Good luck to our Tornado Hockey team and coaches this season!

**GO TORNADOES!!**

*Michael D. Farley*

Principal

Anoka High School

Home of the Anoka Family

763-506-6201



**MIKE FARLEY**  
Principal

The Activities Department would like to welcome you to the 2017/2018 Anoka High School Boys Hockey season! I am thoroughly excited to see Anoka Alum, Coach Reinholz and his coaching staff showcase a program that the school and community can rally around with enthusiasm and pride! While winning is important to our athletic programs, our ultimate goal of our athletic department is to teach discipline, goal setting, accountability, dedication, team-work and integrity; attributes that we want all our young women and men in our community to have.

The hockey tradition at Anoka High School is rich. The memorable Anoka teams were hard-nosed and played with grit and determination. They were self-less and cared more about the team than individual accolades. I know that this team worked hard in the off-season, at various camps and clinics and in the weight room. I am confident their off-season work will equate to a great season and continue our tradition well.

Thank you to the parents for your continued support. You have sacrificed many nights, weekends, and family time to allow your sons to be part of the Anoka Family. We are blessed to have your dedication and commitment to the program for the benefit of the team, the coaches and the program. The years go by fast, so cherish every second of the ride.

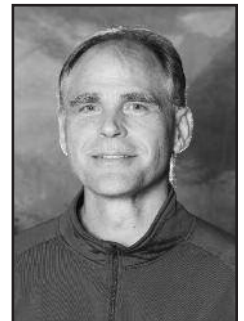
As we enjoy the game tonight, please be positive towards the officials, teams, and coaches. They all have the same goal - to be the best that they can be! We wish Coach Reinholz and the Anoka Tornadoes all the best this season! Go Tornadoes!

*Lance Wicks*

Activities Director

Anoka High School

763-506-6223



**LANCE WICKS**  
Activities Director



# ANOKA HOCKEY SCHEDULE 2017-2018

Date	Home/Away	Opponent	JV/V Times
11-22-17	Home	Rogers	5:00/7:00PM
11-30-17	Away	Irondale	5:30/7:30PM
12-07-17	Away	Osseo	5:00/7:00PM
12-09-17	Away	Maple Grove	1:00/3:00PM
12-12-17	Away	Providence Academy	5:00/7:00PM
<b>12-14-17</b>	<b>Home</b>	<b>Andover</b>	<b>5:00/7:00PM</b>
<b>12-19-17</b>	<b>Home</b>	<b>Totino-Grace</b>	<b>5:00/7:00PM</b>
12-21-17	Away	Elk River	5:00/7:00PM
12-27-17	Duluth	Tournament	TBD
12-28-17	Duluth	Tournament	TBD
12-29-17	Duluth	Tournament	TBD
<b>01-04-18</b>	<b>Home</b>	<b>Blaine</b>	<b>5:00/7:00PM</b>
01-06-18	Away	Tartan	12:45/3:00PM
01-11-18	Away	Centennial	5:00/7:00PM
<b>01-13-18</b>	<b>Home</b>	<b>Maple Grove</b>	<b>1:00/3:00PM</b>
01-18-18	Away	Andover	5:30/7:30PM
<b>01-25-18</b>	<b>Home</b>	<b>Elk River</b>	<b>5:00/7:00PM</b>
01-27-18	Away	Blaine	5:00/7:00PM
01-30-18	Away	Duluth East	5:00/7:30PM
<b>02-03-18</b>	<b>Home</b>	<b>Centennial</b>	<b>1:00/3:00PM</b>
<b>02-08-18</b>	<b>Home</b>	<b>Champlin Park</b>	<b>5:00/7:00PM</b>
02-10-18	Away	Spring Lake Park	5:00/7:00PM
02-13-18	Away	St. Francis	5:15/7:00PM
<b>02-15-18</b>	<b>Home</b>	<b>Coon Rapids</b>	<b>5:00/7:00PM</b>
<b>02-17-18</b>	<b>Home</b>	<b>Armstrong/Cooper</b>	<b>1:00/3:00PM</b>

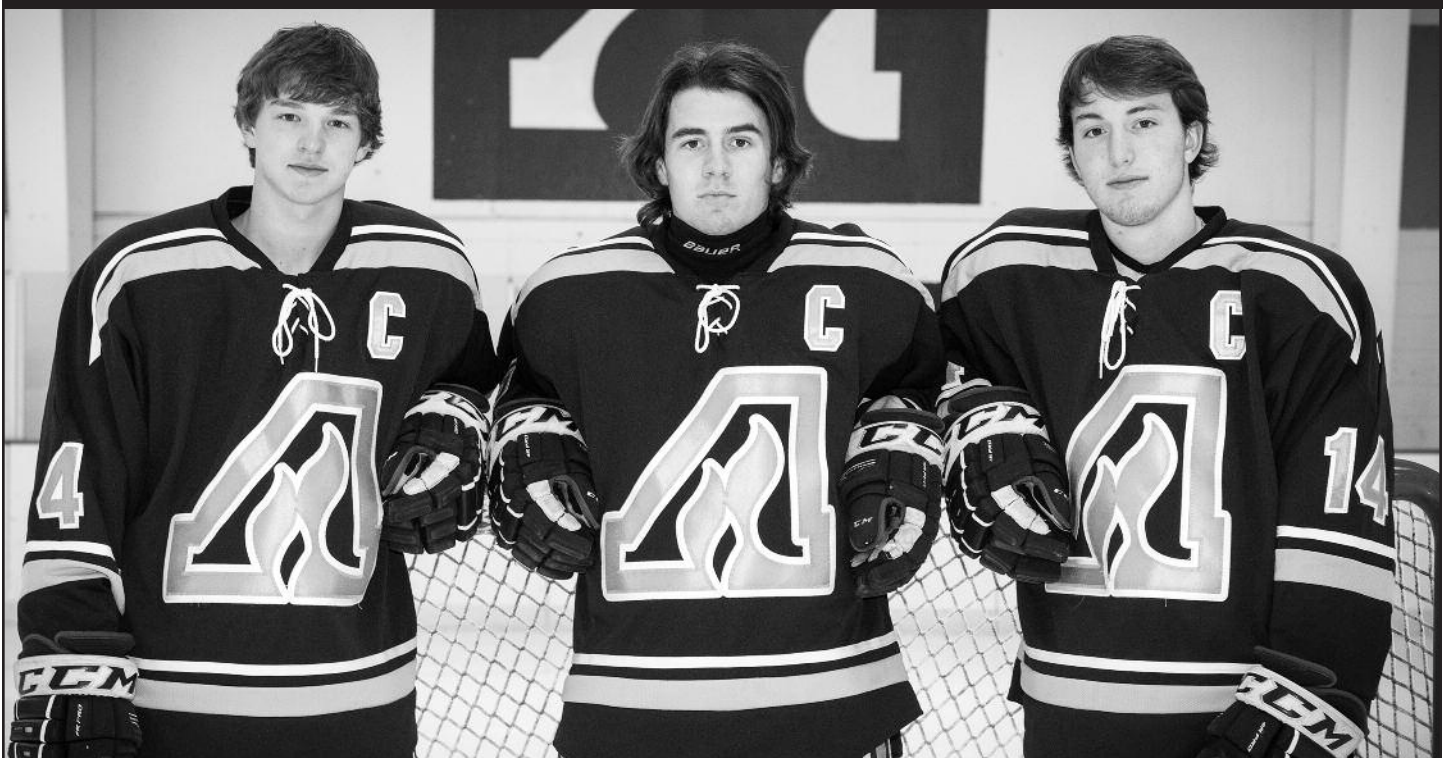
Bold indicates home games

# COACHES



Justin Reinholz, Troy Riddle, Jerrid Reinholz, Ted Mitshulis and Mike Orn  
*Not pictured: Jake Riddle, Mike MacMillan*

# ANOKA HOCKEY CAPTAINS



Casey Orn, Carter Perry and Adam Novack

# ANOKA TORNADO 2017-2018 ROSTER

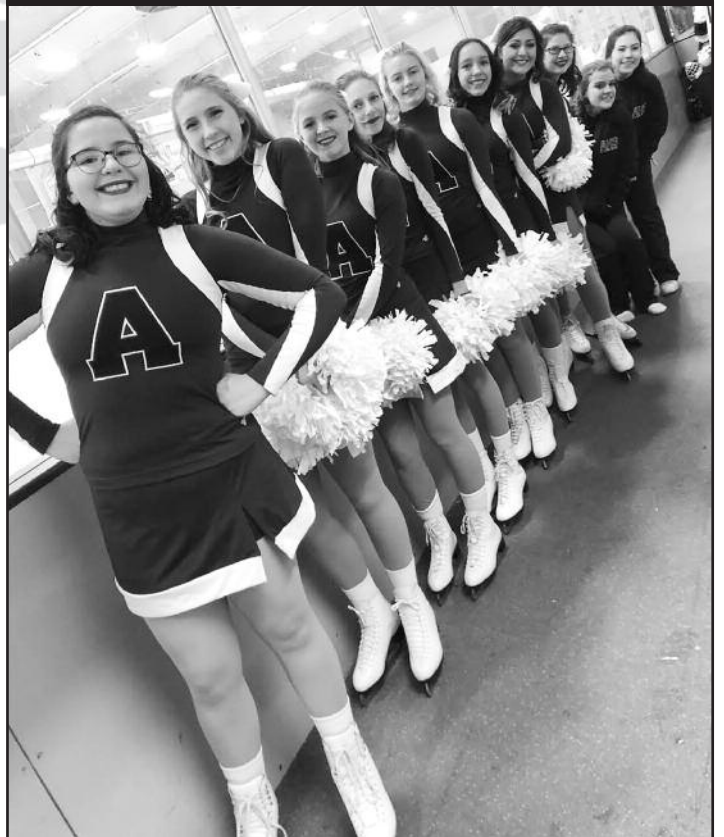
#	Name	Grade	Position	#	Name	Grade	Position
1	Jacob Carmony	JUNIOR	G	23	Alex Heidenreich	JUNIOR	F
2	Jack Weaver	SENIOR	D	24	Connor Lowry	SOPHOMORE	D
3	Cole Sanders	SENIOR	D	25	Ian Andrea	SOPHOMORE	D
4	Casey Orn "C"	SENIOR	F	27	Ben Terzich	SOPHOMORE	D
5	Brendan Sloth	JUNIOR	D	28	Jack Ahart	SENIOR	F
6	Matt Orr	SOPHOMORE	F	29	Cullen Belisle	JUNIOR	D
7	Max Hayes	SENIOR	D	30	Nathan Hadley	JUNIOR	G
8	Tommy Jensen	SENIOR	F	31	Joey Miller	SENIOR	G
9	Carter Perry "C"	SENIOR	F	33	Joe Moen	SOPHOMORE	G
10	Gabe Miller	SOPHOMORE	F	36	Riley Schewe	JUNIOR	D
11	Christian Jacobs	SOPHOMORE	D	37	Josh Mylrea	JUNIOR	F
12	Dustin Reichow	SOPHOMORE	F	40	Quinlin Putt	JUNIOR	F
13	Zack Jerde	SENIOR	F	<b>Coaches:</b> . . . . .Mike MacMillan, Ted Mitshulis, Mike Orn, Jerrid Reinholz, Justin Reinholz, Jake Riddle, Troy Riddle			
14	Adam Novack "C"	SENIOR	F	<b>Managers:</b> . . . . .Grace Olson, Callista Riley, Lindsay Streetar, Kallie Stromenger			
15	Kyle Commaford	SOPHOMORE	F	<b>Athletic Trainers:</b> . . . . .Heidi Beckendorf, Virgil Caroll			
16	Noah Tews	SENIOR	F	<b>Activities Director:</b> . . . . .Mr. Lance Wicks			
17	Max Reinke	SOPHOMORE	D	<b>Principal:</b> . . . . .Mr. Mike Farley			
18	Owen Maloney	SENIOR	D	<b>Superintendent:</b> . . . . .Dr. David Law			
19	Wilfred Bennett	SOPHOMORE	F	<b>Nickname:</b> . . . . .Anoka Tornadoes			
21	Nick Revering	SENIOR	F				
22	Nate Murphy	SENIOR	F				

## MANAGERS



Kallie Stromenger, Grace Olson & Lindsay Streetar  
*Not pictured: Callista Riley*

## CHEERLEADERS



(Left to Right): Amber Curry, Abigail Foss, Mallory Mast-Bogie, Mackenzi Sewell, Emily Wells, Tiffany Curry, Gabrielle McDermid, Selina Degolier, Torri Carby, Trinity Presler

## TRAINING STAFF



Virgil Caroll & Heidi Beckendorf

# It's a Tornado Thing!

# 2017-2018 TORNADO SENIORS

## JACK WEAVER

SENIOR ● DEFENSE



Height: 6' 1"  
Weight: 150 pounds  
Parents: Charlie & Julie  
Team last year: JV

**#2**

Siblings: Maren, Charles, Sam  
Sports/Hobbies: Hunting, golf  
Favorite food: Zebra cakes

## COLE SANDERS

SENIOR ● DEFENSE



Height: 6' 1"  
Weight: 155 pounds  
Parents: Brant & Alisha  
Last year: JV, Varsity

**#3**

Siblings: Kaitlyn  
Sports/Hobbies: Golf, football  
Favorite food: Alfredo

## CASEY ORN "C"

SENIOR ● FORWARD



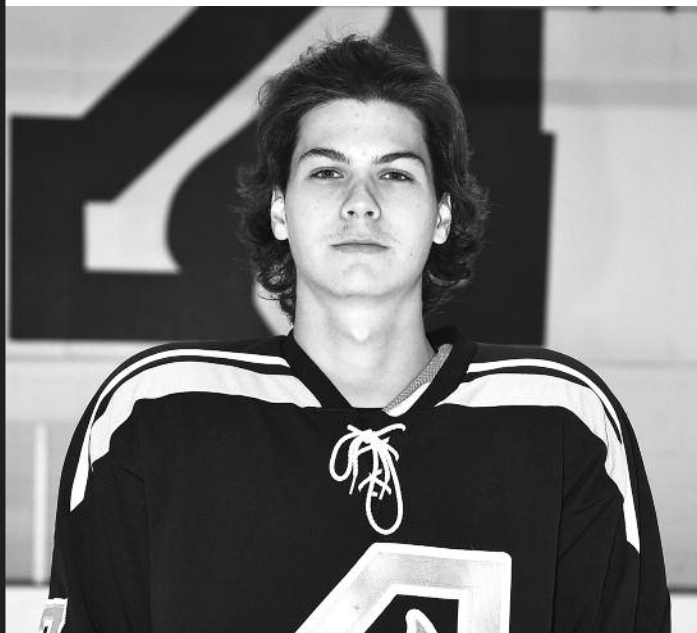
Height: 5' 10"  
Weight: 150 pounds  
Parents: Mike & Lori  
Last year: Varsity

**#4**

Siblings: Adam, Alex, Rachel  
Sports/Hobbies: Golf, fishing, pingpong  
Favorite food: Pasta

## MAX HAYES

SENIOR ● DEFENSE



Height: 6' 5"  
Weight: 205 pounds  
Parents: Pete & Michelle  
Last year: JV, Varsity

**#7**

Siblings: Molly, Maggie  
Sports/Hobbies: Football, tennis, hunting, fishing  
Favorite food: Chinese

# 2017-2018 TORNADO SENIORS

## TOMMY JENSEN

SENIOR ● FORWARD



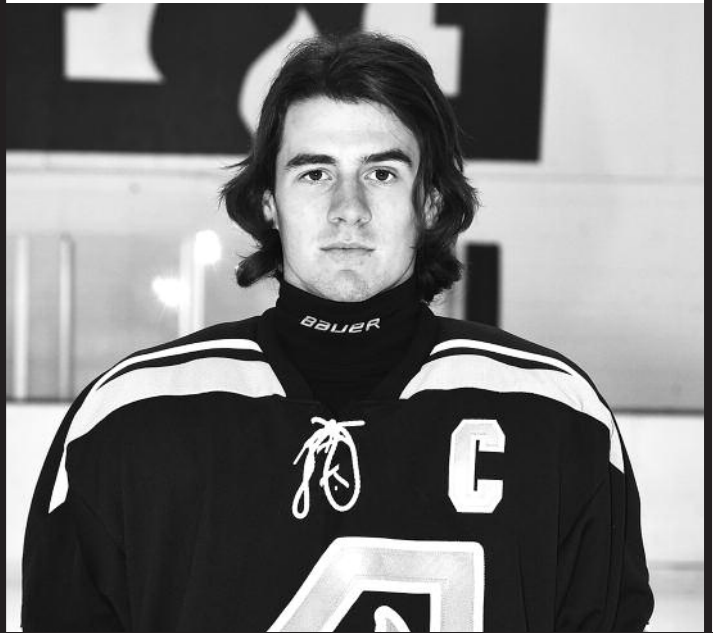
Height: 6' 1"  
Weight: 165 pounds  
Parents: Chuck & Brenda  
Last year: Varsity

# 8

Siblings: Heather  
Sports/Hobbies: Hunting,  
fishing, golf  
Favorite food: Pizza

## CARTER PERRY "C"

SENIOR ● FORWARD



Height: 5' 9"  
Weight: 170 pounds  
Parents: Jeff & Val  
Last year: Varsity

# 9

Siblings: Riley, Crosby, Berk  
Sports/Hobbies: Trout fishing  
Favorite food: Chicken  
Fettuccine Alfredo

## ZACK JERDE

SENIOR ● FORWARD



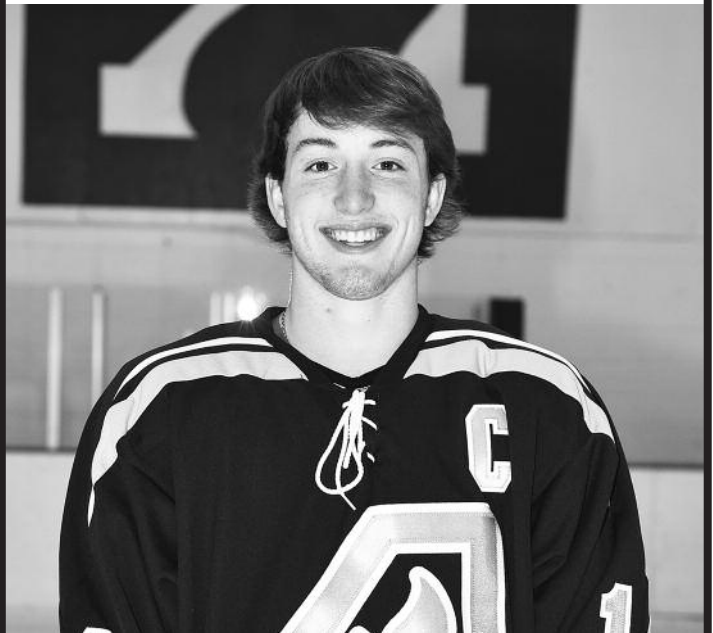
Height: 5' 11"  
Weight: 165 pounds  
Parent: Margaret  
Last year: JV, Varsity

# 13

Siblings: Hunter, Nathan,  
Marisa, Erin  
Sports/Hobbies: Hunting,  
fishing  
Favorite food: Seafood

## ADAM NOVACK "C"

SENIOR ● FORWARD



Height: 5' 10"  
Weight: 160 pounds  
Parents: Steve & Mary  
Last year: Varsity

# 14

Siblings: Carly, Grace, Jack  
Sports/Hobbies: Baseball,  
hanging out with friends  
Favorite food: Quiche

# 2017-2018 TORNADO SENIORS

## NOAH TEWS

SENIOR  FORWARD



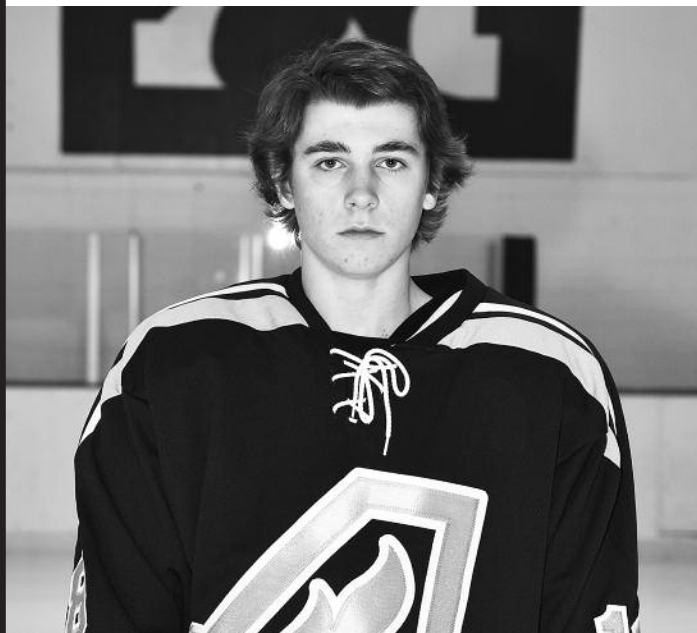
Height: 6'  
Weight: 180 pounds  
Parents: Matt & Kelly  
Last year: JV, Varsity

**# 16**

Siblings: Taylor  
Sports/Hobbies: Soccer,  
golf  
Favorite food: Tacos

## OWEN MALONEY

SENIOR  DEFENSE



Height: 5' 10"  
Weight: 143 pounds  
Parents: Bryan & Cassandra  
Last year: JV

**# 18**

Siblings: Gavin, Wyatt  
Sports/Hobbies: Tennis,  
fishing  
Favorite food: Pasta

## NICK REVERING

SENIOR  FORWARD



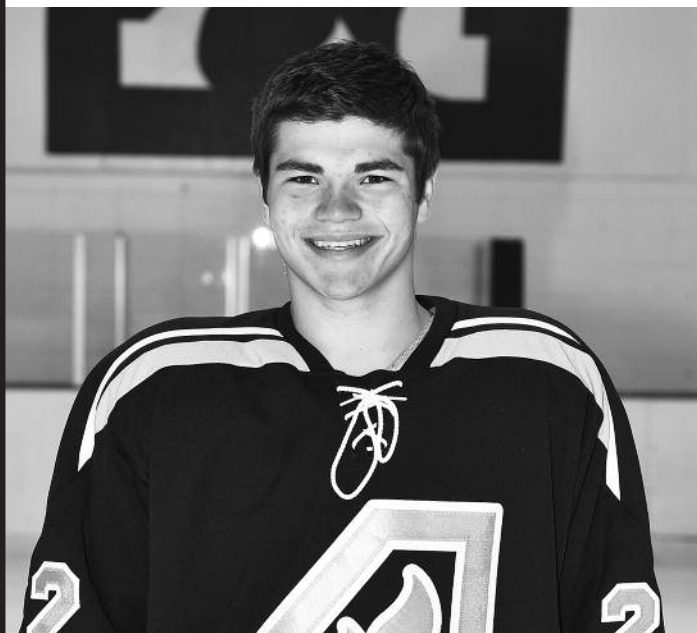
Height: 6'  
Weight: 170 pounds  
Parents: Pat & Rachelle

**# 21**

Last year: Varsity  
Sports/Hobbies: Golf  
Favorite food: Pasta

## NATE MURPHY

SENIOR  FORWARD



Height: 5' 9"  
Weight: 165 pounds  
Parents: Bob & Denise  
Last year: JV

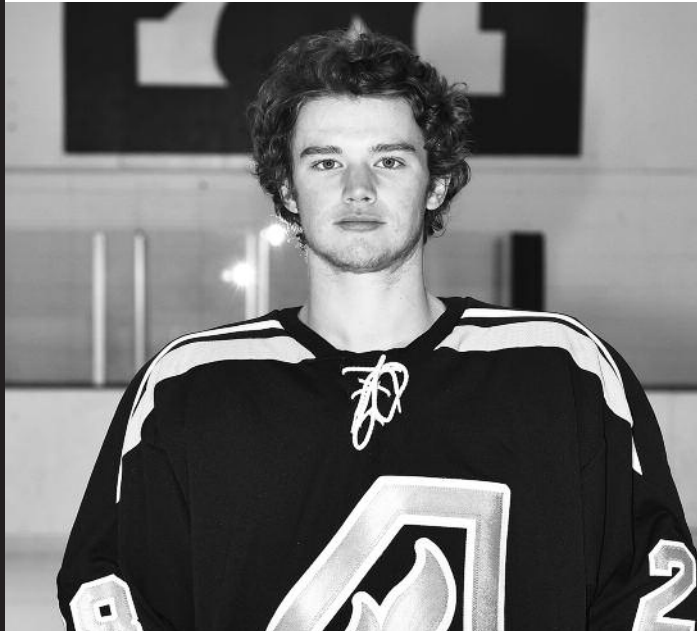
**# 22**

Siblings: McKayla  
Sports/Hobbies:  
Baseball, football, fishing  
Favorite food: Pancakes

# 2017-2018 TORNADO SENIORS

## JACK AHART

SENIOR  FORWARD



Height: 5' 11"

Weight: 145 pounds

Parents: Mike & Jill

Last year: JV

**# 28**

Siblings: Emma  
Sports/Hobbies: Baseball,  
hanging with friends  
Favorite food: Thanksgiving

## JOEY MILLER

SENIOR  GOALIE



Height: 6' 2"

Weight: 160 pounds

Parents: Doug & Susie

Last year: Varsity

**# 31**

Siblings: Abbey  
Sports/Hobbies: Tennis, golf  
Favorite food: Salmon

## Anoka Barber Shop



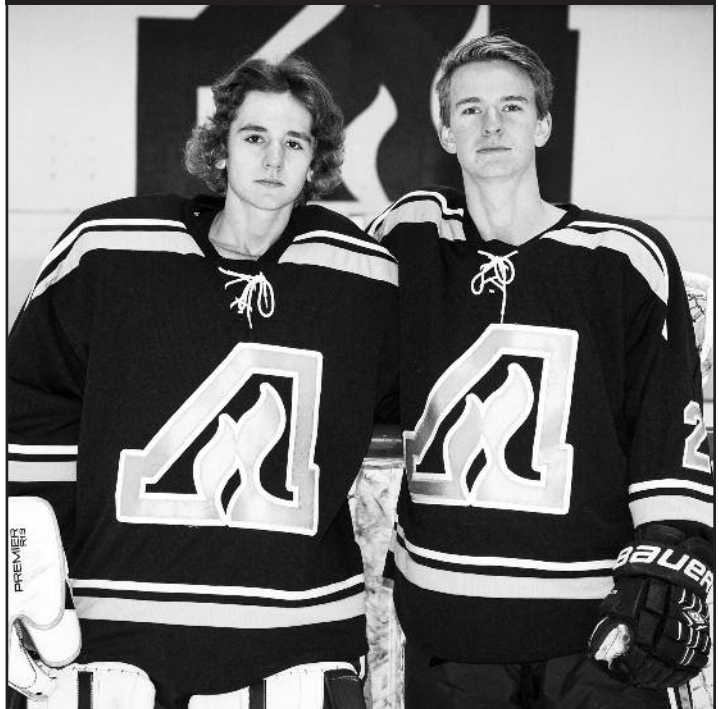
HOURS Tues - Fri 8 - 5 Sat 8 - 1

3734 7th Ave N Anoka MN 55303

anokabarbershop.com facebook us

763-421-8584

## NATIONAL HONOR SOCIETY



Nathan Hadley & Jack Weaver

# 2017-2018 TORNADO JUNIORS

## JACOB CARMONY

JUNIOR ● GOALIE



Height: 5' 7"  
Weight: 145 pounds  
Parent: Heather  
Last year: Ice Dogs

**# 1**

Siblings: Lance, Carson  
Sports/Hobbies: Football,  
golf, baseball  
Favorite food: Tacos

## BRENDAN SLOTH

JUNIOR ● DEFENSE



Height: 6' 3"  
Weight: 220 pounds  
Parents: Nick & Tammy  
Last year: Varsity

**# 5**

Siblings: Cera, Sutton, Nora,  
Jett, Brandt, Blake, Violet  
Sports/Hobbies: sports, friends,  
family, hunting, fishing, church  
Favorite food: Steak

## ALEX HEIDENREICH

JUNIOR ● FORWARD



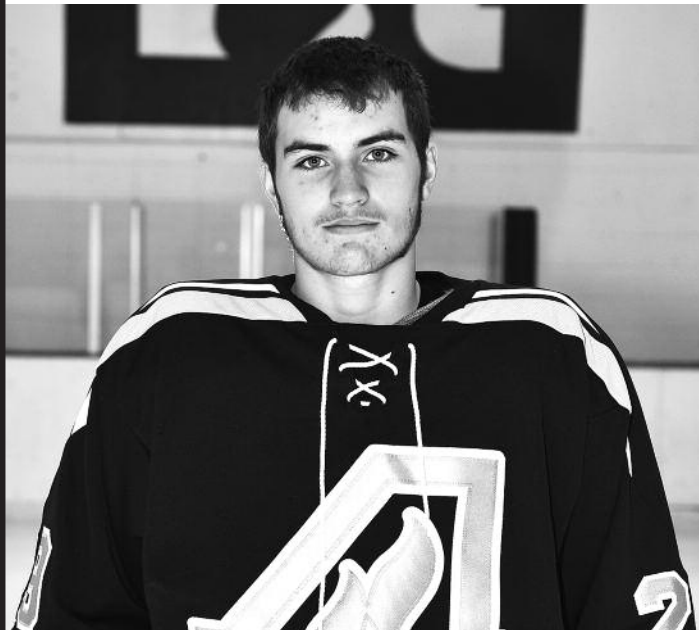
Height: 5' 10"  
Weight: 170 pounds  
Parents: Tony Heidenreich,  
Matt & Tanya Simon

**# 23**

Last year: JV, Varsity  
Siblings: Nate, Kenzie  
Sports/Hobbies: Golf, baseball  
Favorite food: Burgers

## CULLEN BELISLE

JUNIOR ● DEFENSE



Height: 5' 9"  
Weight: 175 pounds  
Parents: Dennis & Joanne  
Last year: Junior Gold

**# 29**

Siblings: Cory, Kelly, Caiden  
Sports/Hobbies: Football,  
baseball  
Favorite food: Pizza

# 2017-2018 TORNADO JUNIORS

## NATHAN HADLEY

JUNIOR ● GOALIE



Height: 6' 1"

Weight: 150 pounds

Parents: Chad & Dawn

Last year: JV

# 30

Siblings: Katelyn  
Sports/Hobbies: Fishing,  
golf

Favorite food: Pucks

## RILEY SCHEWE

JUNIOR ● DEFENSE



Height: 5' 11"

Weight: 170 pounds

Parents: Daris & Tonya

Last year: JV

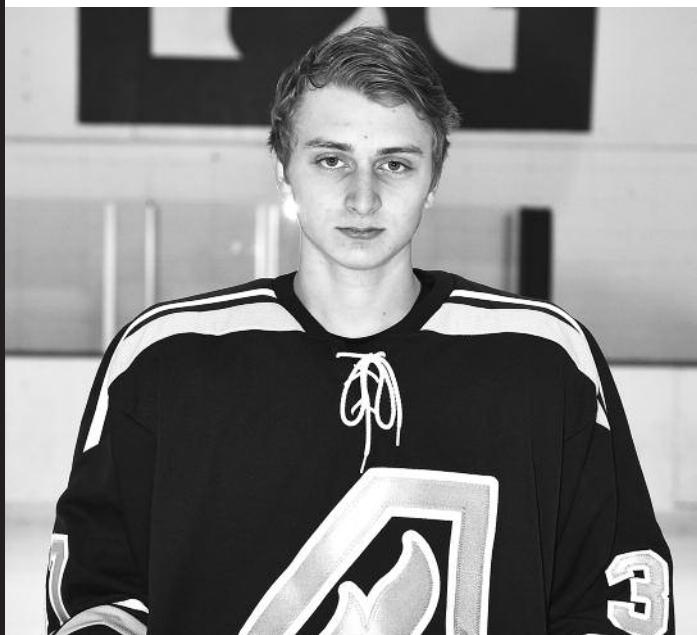
# 36

Siblings: Quaid & McKenzie  
Sports/Hobbies: Ball up at  
Lifetime

Favorite food: Chinese

## JOSH MYLREA

JUNIOR ● FORWARD



Height: 5' 9"

Weight: 145 pounds

Parents: John & Joan

Last year: JV

# 37

Siblings: Joe  
Sports/Hobbies: Fishing,  
golfing

Favorite food: Boneless wings

## QUINLIN PUTT

JUNIOR ● FORWARD



Height: 6' 1"

Weight: 165 pounds

Parents: Jay & Heidi

Last year: Varsity

# 40

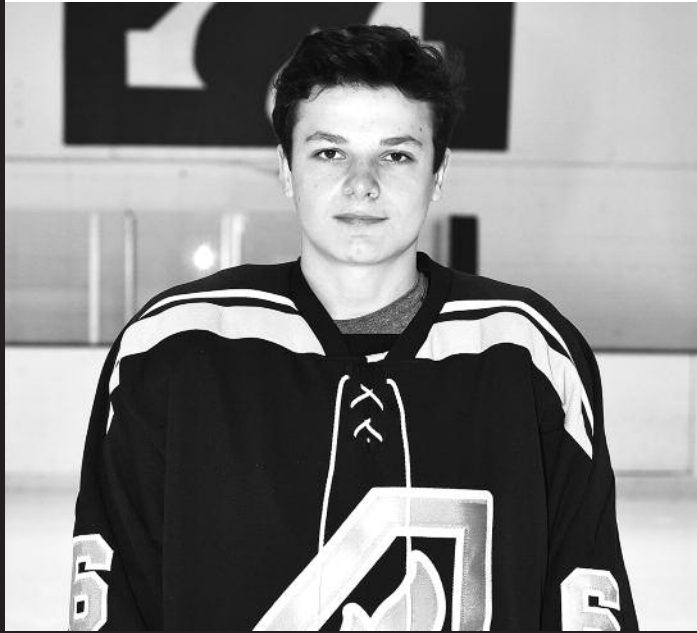
Siblings: Logan, Gavin  
Sports/Hobbies: Soccer,  
tennis, gold-sifting

Favorite food: Alfredo with  
basil

# 2017-2018 TORNADO SOPHOMORES

## MATT ORR

SOPHOMORE ● FORWARD



Height: 5' 7"  
Weight: 150 pounds  
Parents: Jesse & Marcie  
Last year: Bantam A

# 6

Siblings: Darek  
Sports/Hobbies: Basketball, tennis  
Favorite food: Most pastas

## GABE MILLER

SOPHOMORE ● FORWARD



Height: 5' 8"  
Weight: 150 pounds  
Parents: Tony & Jodi  
Last year: Bantam B2

# 10

Siblings: Dalton  
Sports/Hobbies: Hunting, fishing, baseball, football, lacrosse  
Favorite food: Jersey Mikes

## CHRISTIAN JACOBS

SOPHOMORE ● DEFENSE



Height: 5' 10"  
Weight: 140 pounds  
Parents: Richard & Jolene  
Last year: Bantam B2

# 11

Siblings: Kaylee, Cole, Kevin  
Sports/Hobbies: Track, running  
Favorite food: Pizza

## DUSTIN REICHOW

SOPHOMORE ● FORWARD



Height: 5' 9"  
Weight: 135 pounds  
Parents: Matt & Stephanie  
Last year: Bantam B2

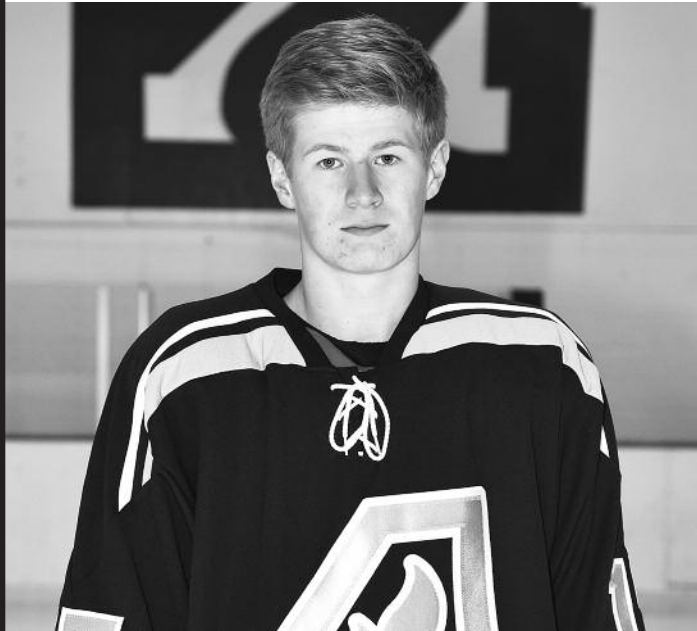
# 12

Siblings: Damon  
Sports/Hobbies: Dirtbikes  
Favorite food: Tacos

# 2017-2018 TORNADO SOPHOMORES

## KYLE COMMAFORD

SOPHOMORE ● FORWARD



Height: 6'  
Weight: 170 pounds  
Parents: Jeff & Ginny  
Last year: Bantam A

# 15

Siblings: Lauren  
Sports/Hobbies:  
Lacrosse  
Favorite food: Prime Rib

## MAX REINKE

SOPHOMORE ● DEFENSE



Height: 5' 8"  
Weight: 165 pounds  
Parents: Chris & Kim  
Last year: Blaine Bantam AA

# 17

Siblings: Sam  
Sports/Hobbies: Track  
Favorite food: Pasta

## WILFRED BENNETT

SOPHOMORE ● FORWARD



Height: 5' 11"  
Weight: 150 pounds  
Parents: Rick & Mary  
Last year: Bantam A

# 19

Siblings: Hunter  
Sports/Hobbies: Baseball  
Favorite food: Pizza

## CONNOR LOWRY

SOPHOMORE ● DEFENSE



Height: 5' 8"  
Weight: 165 pounds  
Parents: Monte & Josie  
Last year: Bantam A

# 24

Sports/Hobbies: Soccer  
Favorite food: Cheeseburger

# 2017-2018 TORNADO SOPHOMORES

## IAN ANDREA

SOPHOMORE ● DEFENSE



Height: 5' 11"  
Weight: 167 pounds  
Parents: Jason & Heidi  
Last year: Bantam A

# 25

Siblings: Haidyn  
Sports/Hobbies: Tennis  
Favorite food: Chipotle

## BEN TERZICH

SOPHOMORE ● DEFENSE



Height: 6' 2"  
Weight: 150 pounds  
Parents: Kevin & Jodi  
Last year: Bantam A

# 27

Siblings: Emma  
Sports/Hobbies: Tennis, golf  
Favorite food: Steak

## JOE MOEN

SOPHOMORE ● GOALIE



Height: 5' 9"  
Weight: 140 pounds  
Parents: Jeryl & Becky  
Last year: Bantam A

# 33

Siblings: Marcus  
Sports/Hobbies: Fishing, rock climbing, cars  
Favorite food: Cashew chicken

## ANOKA TORNADO HOCKEY CHAMPION'S CREED

If you think you are beaten, you are.  
If you think you dare not, you do not.  
If you'd like to win, but think you can't,  
It is almost a cinch you won't.

If you think you will lose, you are lost.  
For out in the world we find,  
Success begins with a player's will;  
It is all in a state-of-mind.

If you think you're outclassed, you are.  
You have got to think high to rise.  
You have got to be sure of yourself  
Before you can win a prize.

Life's battles don't always go  
To the stronger or faster man.  
But sooner or later the player who wins  
Is the one who thinks he can!



**Sparky's Cafe**  
**Great Food**  
**at**  
**Great Prices!**



**(763) 427-0076**  
**12 Bridge Sq, Anoka, MN 55303**



Purchase a new Carrier high efficiency heating and cooling system with programmable thermostat and receive a free air purifier.\*

\*Please mention this ad when calling.

\*Approximate Installed Value \$1,000.

**FREE!**



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Heating, Cooling, and Commercial Refrigeration

1920 2nd. Ave. Anoka, MN 55303

Expires Jan. 1,  
2019

# TORNADO ALLEY SPORTSWEAR

tornadoalleysportswear.com

We Do  
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**We wish all the boys of the  
Anoka Boys High School Hockey Team  
and their families a very healthy season**



14001 St Francis Blvd NW Ramsey

(763) 427-3035

Land Home is a Proud Supporter  
of Anoka Hockey



*Land Home is a community lender providing ongoing support to our local charities.*

*You have the opportunity to direct a \$300 donation from Land Home to Anoka Hockey, or any non-profit organization of your choice, when you purchase or refinance a home with our Funding it Forward<sup>SM</sup> program.\**

The Process is Simple  
and There are No Added Fees!

*Get the home loan you need, and help the needs of your community by Funding It Forward<sup>SM</sup>!*

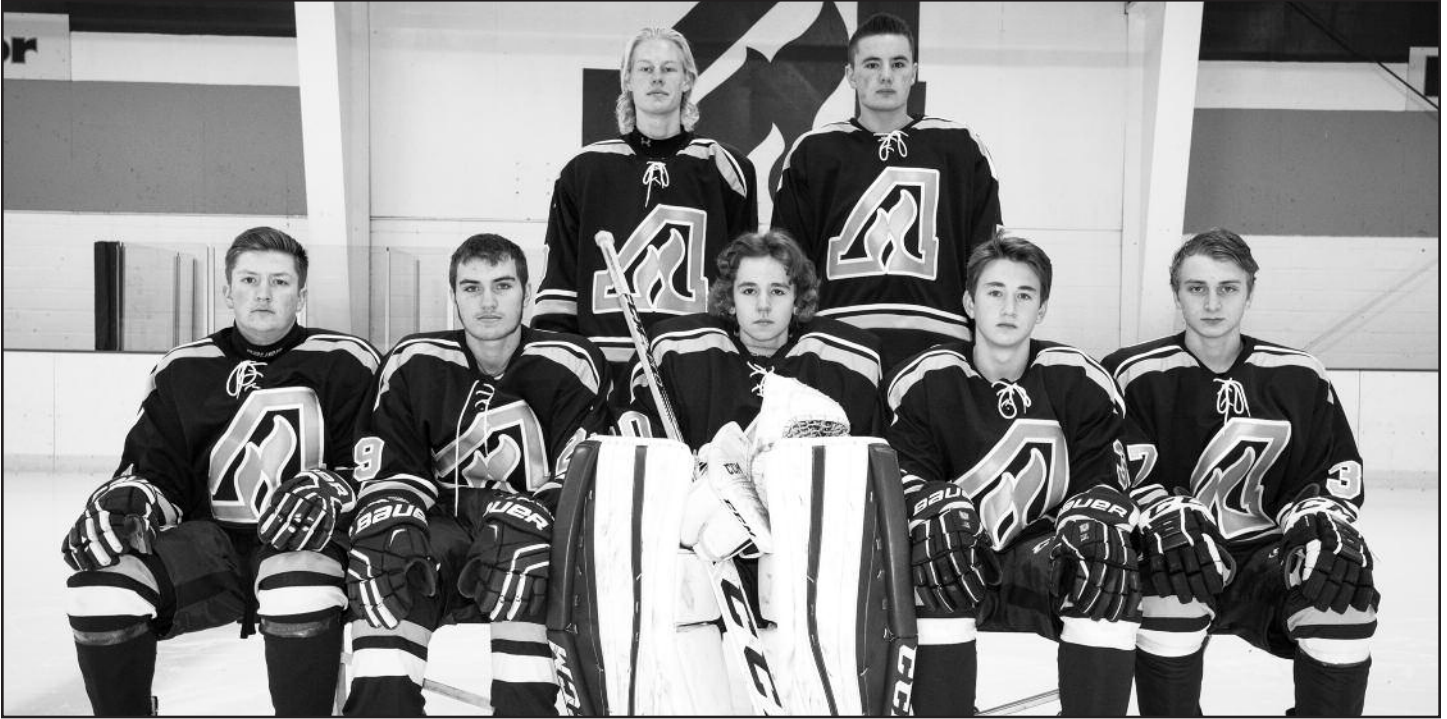


**Matt Wenner**  
Mortgage Consultant  
Office: 612.263.9410  
Cell: 763.334.0392  
Fax: 763.250.1588  
Matt.Wenner@lhfs.com  
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## 2017-2018 JUNIORS



**Front Row** (Left to Right): Alex Heidenreich, Cullen Belisle, Nathan Hadley, Riley Schewe, Josh Mylrea

**Back Row** (Left to Right): Quinlin Putt, Brendan Sloth

*Not Pictured: Jacob Carmony*

## 2017-2018 SOPHOMORES



**Front Row** (Left to Right): Matt Orr, Max Rienke, Joe Moen, Gabe Miller, Dustin Reichow

**Back Row** (Left to Right): Christian Jacobs, Wilfred Bennett, Kyle Commaford, Ben Terzich, Ian Andrea, Connor Lowry

## “A” HONOR ROLL



**Front Row** (Left to Right): Noah Tews, Owen Maloney, Nathan Hadley, Jack Weaver, Nate Murphy  
**Back Row** (Left to Right): Adam Novack, Ben Terzich, Brendan Sloth, Kyle Commaford

## “B” HONOR ROLL



**Front Row** (Left to Right): Connor Lowry, Joey Miller, Jack Ahart, Casey Orn, Carter Perry, Zack Jerde, Joe Moen, Gabe Miller

**Middle Row** (Left to Right): Cullen Belisle, Wilfred Bennett, Matt Orr, Cole Sanders, Quinlin Putt, Max Hayes, Tommy Jensen, Josh Mylrea, Christian Jacobs

**Back Row** (Left to Right): Dustin Reichow, Max Reinke, Ian Andrea, Alex Heidenreich, Nick Revering

# ANOKA TORNAAD

## 2017 -



**Front Row** (Left to Right): Nathan Hadley, Jack Ahart, Nate Murphy, Carter Perry

**Middle Row** (Left to Right): Matt Orr, Brendan Sloth, Cole Sanders, Nick Revering, Josh Mylrea, Riley Schewe, Quinlin Putt, Dustin Reichow

**Back Row** (Left to Right): Christian Jacobs, Gabe Miller, Connor Lowry, Ian Andre

*Not pictured: Jacob Carmony*

# SO HOCKEY TEAM

2018



[Name], Joey Miller, Casey Orn, Adam Novack, Owen Maloney, Joe Moen  
Noah Tews, Jack Weaver, Max Hayes, Tommy Jensen, Zack Jerde, Alex Heidenreich,  
[Name]  
[Name], Ben Terzich, Wilfred Bennett, Max Reinke, Kyle Commaford, Cullen Belisle

**IT'S A TORNADO THING!**

# ANOKA HOCKEY CAPTAINS

1952-1953	Donald Bracht, Mel Pearson	1988-1989	Thad Jensen, Chris McLaughlin
1953-1954	Larry Swanson	1989-1990	Matt Bender, Tyler Echternach
1954-1955	Mart Weidenbach	1990-1991	Adam Flint, Steve Magnusson, Dan Reimann
1956-1957	Lenny McLaughlin, Bob Ridge	1991-1992	Jeremy Coe, Sean Primus
1957-1958	Ron Bickford, Bob Ridge	1992-1993	Andy Birrenkott, Jon Hanson, Nate Miller
1958-1959	Keith Leider, John Tammi	1993-1994	Nate Miller
1959-1960	David Hyllengren	1994-1995	Joe Blake, Jon Coe, Justin Reinholz
1960-1961	Don Pearson, Allen Stull	1995-1996	Mike Braun, Steve Lichter
1961-1962	Roger Erickson, Charlie Adams	1996-1997	Jake Froiland, Dan Donnette, Bill Birrenkott, Josh Flynn
1962-1963	Tom Tammi, Bob Peterson	1997-1998	Jerrid Reinholz, Jesse Fish, Joe Johnson, Jesse Wesp
1963-1964	Sandy Jet, Arnie Stull	1998-1999	Gab Hilmoe, Adam Sharratt, Bryan Talbot
1964-1965	Larry Herrboldt	1999-2000	Scott Kryzmarzick, Matt Dunsmoor, Andy Jurek, Ben Schoff
1965-1966	Chet Herrboldt	2000-2001	Ben Schoff, Nick Coffield, Matt Olson, Brian Pender
1966-1967	Phil Rootes, Doug DeLong	2001-2002	Sean Fish, Tim Manthey Jake Gausman, Ben Hendrick
1967-1968	Chuck Hadley, Marv West, Gary Kish, Doug DeLong	2002-2003	Sean Fish, Tim Manthey
1968-1969	John Birrenkott, Greyson Morrow	2003-2004	Chase Evertz, Kyle Olstad, Matt Sorteberg
1969-1970	Mike Donnette, Jim Mix	2004-2005	Shawn Pietsch, Ross Ring-Jarvi
1970-1971	Ron Berg, Buddy Hedberg	2005-2006	Matt Olson, Mitch Day, Ryan Noonan
1971-1972	Steve Alley, Bill Lester, Brad Morrow	2006-2007	Ryan Noonan, Will Setterberg
1972-1973	Craig Miller, Rick Wesp	2007-2008	Jeff Lesmeister, John O'Neill
1973-1974	Tom Alley, Kevin Wolters	2008-2009	Dustin Olson, Berkley Scott
1974-1975	Peter Dale, Jon Holmes, Paul Ziegler	2009-2010	Leo Breffle, Erik Dahlgren, Andrew Olek
1975-1976	Jan Erickson, Steve Wolff	2010-2011	Tony Niederhaus, Andrew Olek
1976-1977	Dave Holmes, Mike Rose Bryan Renslow	2011-2012	Dylan Adler, Tyler Hong, Kyle Thorpe
1977-1978	Kurt Bebeau, Mark Poce, Pete Sorteberg	2012-2013	Dylan Adler, Kristen Manthey, Chase West
1978-1979	Mark Garbers, Gary Tolkinen	2013-2014	Robbie Goor, Adam Orn, Gavin Putt
1979-1980	Nick Homes, Chris Prosser	2014-2015	Riley Perry, Alex Orn
1980-1981	Paul Reifenberger, Paul Sorteberg	2015-2016	Blake Neumann, Spencer Olson Michael Talbot
1981-1982	Al Chancellor, Tim Hartje	2016-2017	Jack Giddings, Jared Wilber
1982-1983	Gary Spear, Matt Steinbring	2017-2018	Adam Novack, Casey Orn, Carter Perry
1983-1984	Todd Manthey, Paul Talbot, Mitch Wiczek		
1984-1985	Tony Moore, Greg Manthey, Jeff Morawczynski		
1985-1986	John Beckman, Jeff Foss, Tod Hartje		
1986-1987	Brad Hamacher, Jon Manthey		
1987-1988	Bo Beckman, Tony Flint, Torrey Kjelstad		

# ANOKA HOCKEY AWARDS

## INDIVIDUAL AWARDS

### Most Determined

1989..... Chris McLaughlin  
 1990..... Troy Seibert  
 1991..... Eric Boyce  
 1992..... Bart Johnson  
 1993..... Jon Hanson  
 1994..... Jon Coe  
 1995..... John Peterson  
 1996..... Dan Donnette  
 1997..... Dylan Stenglein  
 1998..... Joe Johnson  
 1999..... Bryan Talbot  
 2000..... Ben Schoff  
 2001..... Jesse Thalín  
 2002..... Andrew Johnson  
 2003..... Andrew Johnson  
 2004..... Drew Wiczek  
             Shawn Pietsch  
 2005..... Shawn Pietsch  
 2006..... Ryan Noonan  
 2007..... Adam Iverson  
 2008..... Blair Randall  
 2009..... Jon Nikovics  
 2010..... Adam Longberg  
 2011..... Luke Leitschuh  
 2012..... Drew McLaughlin  
 2013..... Drew McLaughlin  
 2014..... Travis Mashuga  
 2015..... Alex Orn  
 2016..... Ben Saba  
 2017..... Hunter Wanous

### Team Before "I"

1989..... Jay Hong  
 1990..... Troy Seibert  
 1991..... Darrel Schwalenberg  
 1992..... Jason Reinholz  
 1993..... Jamie James  
 1994..... Charlie Vaughn  
 1995..... Justin Reinholz  
 1996..... Josh Flynn  
 1997..... Dylan Stenglein  
 1998..... Joe Johnson  
 1999..... Bryan Talbot  
 2000..... Matt Dunsmoor  
 2001..... Brian Pender  
 2002..... Jake Gausman  
 2003..... Tyler Barclay  
 2004..... Tony Louiselle  
 2005..... Mitch Day  
 2006..... Ryan Simpson  
 2007..... Justin Stetson  
 2008..... Jake Bendiske  
 2009..... Erik Dahlgren  
 2010..... Adam Longberg  
 2011..... Blake Lentner  
 2012..... Lane Kocovsky  
 2013..... Adam Orn  
 2014..... Travis Mashuga  
 2015..... Ralph Hunt  
 2016..... Brendan Corbin  
 2017..... Hunter Wanous

### Most Improved

1989..... Andy Beissel  
 1990..... Chad Abram  
 1991..... Sean Primus  
 1992..... Bob Erickson  
 1993..... Ryan Berg  
 1994..... Mike Braun  
 1995..... Brandon Rykkeli  
 1996..... Joe Dunsmoor  
 1997..... Rick Talbot  
 1998..... Rick Talbot  
 1999..... Jeff Spear  
 2000..... Matt Olson  
 2001..... Andrew Johnson  
 2002..... Chase Evertz  
 2003..... Craig Chapman  
             Chase Evertz  
 2004..... Matt Olson  
 2005..... Randy Cunningham  
 2006..... James Campbell  
 2007..... Adam Iverson  
 2008..... Jimmy Crea  
 2009..... Matt Pinewski  
 2010..... Anders Skaalerud  
 2011..... Austin Parent  
 2012..... Drew McLaughlin  
             Robbie Goor  
 2013..... Michael Lehn  
             Ryan Streetar  
 2014..... Connor Nikolaus  
 2015..... Connor Hudalla  
 2016..... Hunter Wanous  
 2017..... Adam Novack

### Kenny Birrenkott MVP Senior

1989..... Thad Jensen  
 1990..... Brent Johnson  
             Tyler Echternach  
 1991..... Steve Magnusson  
 1992..... Bart Johnson  
 1993..... Bob Erickson  
 1994..... Nate Miller  
 1995..... Jon Coe  
 1996..... Mike Braun  
 1997..... Dan Donnette  
 1998..... Jerrid Reinholz  
 1999..... Ryan Eason  
 2000..... Scott Kryzmarzick  
 2001..... Ben Schoff  
             Matt Olson  
 2002..... Jake Gausman  
 2003..... Tim Manthey  
 2004..... Matt Sorteberg  
 2005..... Ross Ring-Jarvi  
 2006..... Matt Olson  
             Mitch Day  
 2007..... Ryan Noonan  
 2008..... John O'Neill  
 2009..... Dustin Olson  
 2010..... Erik Dahlgren  
 2011..... Jake Carlson  
 2012..... Tyler Hong  
 2013..... Chase West  
 2014..... Adam Orn  
 2015..... Alex Orn  
 2016..... Michael Talbot  
 2017..... Jack Giddings

### Rookie of the Year

1995..... Jerrid Reinholz  
 1996..... Ryan Johnson  
 1997..... Gabe Hilmoe  
 1998..... Bryan Talbot  
 1999..... Ben Schoff  
 2000..... Ben Hendrick  
 2001..... Sean Fish  
 2002..... Matt Sorteberg  
 2003..... Eric Johnson  
 2004..... Ross Ring-Jarvi  
 2005..... Cory Belisle  
 2006..... John O'Neill  
 2007..... Dustin Olson  
 2008..... Brandon Derks  
 2009..... Jake Carlson  
 2010..... Cale Grinde  
 2011..... Luke Leitschuh  
 2012..... Robbie Goor  
 2013..... Gavin Putt  
 2014..... Blake Neumann  
 2015..... Isaac Johnson  
 2016..... Carter Perry  
 2017..... Quinn Putt  
 2017..... Adam Novack

### Scholar Athlete

1995..... Mike Braun  
 1996..... Mike Braun  
 1997..... Blair Johnson  
 1998..... Bryan Talbot  
 1999..... Bryan Talbot  
 2000..... Andy Shold  
 2001..... Brian Pender  
 2002..... Andy LaHoud  
 2003..... Tyler Barclay  
 2004..... Scott Levine  
             Dain Randall  
 2005..... Mitch Day  
 2006..... Mitch Day  
 2007..... Jeff Lesmeister  
 2008..... Tony Day  
 2009..... Michael Lesmeister  
 2010..... Michael Lesmeister  
 2011..... Austin Parent  
 2012..... Jeff Herrala  
 2013..... Michael Lehn  
 2014..... Michael Lehn  
 2015..... Spencer Olson  
             Taylor O'Neill  
 2016..... Spencer Olson  
             Taylor O'Neill  
 2017..... Adam Novack

### MVP Defense

1995..... Joe Blake  
 1996..... Ryan Johnson  
 1997..... Ryan Johnson  
 1998..... Ryan Johnson  
 1999..... Ryan Eason  
 2000..... Andy Jurek  
 2001..... Ben Schoff  
 2002..... Tim Manthey  
 2003..... Tim Manthey  
 2004..... Matt Sorteberg  
 2005..... Matt Olson  
 2006..... Matt Olson  
 2007..... Jeff Lesmeister  
 2008..... Jeff Lesmeister  
 2009..... Jimmy Crea  
 2010..... Andrew Olek  
 2011..... Jake Carlson  
 2012..... Andrew Herlofsky  
 2013..... Adam Orn  
 2014..... Adam Orn  
 2015..... Reese Grailer  
 2016..... Reese Grailer  
 2017..... Colin Hans

### MVP Offense

1996..... Jake Froiland  
 1997..... Jerrid Reinholz  
 1998..... Jerrid Reinholz  
 1999..... Bryan Talbot  
 2000..... Scott Kryzmarzick  
 2001..... Steve Frieze  
             Ben Hendrick  
 2002..... Ben Hendrick  
 2003..... Ben Hendrick  
 2004..... Billy Becker  
             Derek Holmes  
 2005..... Ross Ring-Jarvi  
 2006..... John O'Neill  
 2007..... John O'Neill  
 2008..... John O'Neill  
             Berkley Scott  
 2009..... Berkley Scott  
             Dustin Olson  
 2010..... Erik Dahlgren  
             Tony Niederhaus  
 2011..... Cale Grinde  
 2012..... Tyler Hong  
 2013..... Chase West  
 2014..... Cody Pinewski  
 2015..... Michael Talbot  
 2016..... Michael Talbot  
             Isaac Johnson  
 2017..... Carter Perry

# ANOKA HOCKEY AWARDS

## TEAM AWARDS

### Conference Championships

1972, 1981, 1984,  
1985, 1986, 1987,  
1991, 1997, 1998,  
2003, 2008

### Section Championships

1985 - Section 2  
1990 - Section 2  
1997 - Section 4AA  
1998 - Section 4AA  
2003 - Section 4AA  
2016 - Section 5AA

### State Tournament

1985 - 3rd Place  
1990 - 4th Place  
1997 - 5th Place  
1998 - 2nd Place  
2003 - 1st Place  
2016 - Appearance

# ANOKA HOCKEY AWARDS

## INDIVIDUAL AWARDS

### Hobey Baker Character Award

2005 ..... Shawn Pietsch  
2006 ..... Matt Olson  
2007 ..... Ryan Noonan  
2008 ..... Tyler Manthey  
2009 ..... Jimmy Crea  
2010 ..... Michael Lesmeister  
2011 ..... Andrew Olek  
2012 ..... Kyle Thorpe  
2013 ..... Andrew Dallum  
2014 ..... Travis Mashuga  
2015 ..... Emil Cienik  
2016 ..... Spencer Olson

### Century Club

Tod Hartje ..... 176 pts.  
Steve Magnusson ..... 166 pts.  
Steve Alley ..... 162 pts.  
Ryan Forbes ..... 147 pts.  
Cory Belisle ..... 146 pts.  
Berkley Scott ..... 139 pts.  
John O'Neill ..... 138 pts.  
Jerrid Reinholz ..... 138 pts.  
Reg Berg ..... 133 pts.  
Ben Hendrick ..... 132 pts.  
Jon Manthey ..... 128 pts.  
Todd Manthey ..... 116 pts.  
Jon Coe ..... 112 pts.  
Bill Lester ..... 110 pts.  
Nate Miller ..... 101 pts.



# ANOKA HOCKEY HISTORY

According to Craig Torbenson, the author of "Tornado Magic," the first mention of hockey in Anoka was the 1935-1936 season. During the 1930's and 1940's, Anoka High School was enrolled in hockey for some of those years but not in others. Anoka High School Hockey program's first season in the Minnesota State High School League was 1953-1954 and was coached by Charles Bauer. Anoka High School had purchased used uniforms from the St. Paul amateur hockey team. At that time there was no youth programs in Anoka, just the high school team.

Thank you to Coach Alley, who made Anoka Hockey...he truly is the father of Anoka Hockey! In 1954, the Anoka Hennepin ISD 11 superintendent, Morris Bye, hired Jim Alley as a teacher and a hockey coach. When Coach Alley was hired, Anoka had one dimly light outdoor rink, at what is now Sorenson Rink, with poor ice and splintered boards. The prospect were even more challenging when Coach Alley called his first player meeting and realized that few players had decent skates and none had played organized hockey. Needless to say, the team lost heavily, but learned along the way.

Coach Alley pleaded with the school district and the city to construct several outdoor rinks with lights. Outdoor rinks were constructed at Sorenson, Lincoln, Franklin, Champlin and Wilson. He then went to work on developing a youth program that would feed the high school program. He was also responsible for purchasing all equipment for the youth and the high school programs along with raising money to purchase the equipment and some indoor ice at either Aldrich Arena or Wakota Arena. Coach Alley successfully built the Anoka Hockey Program because of his passion and vision for the game.

Coach Alley coached at Anoka High School from 1954 through the 1963 season. In 1964, Joe Poole took over the program and guided the Tornados for 12 seasons. Coach Poole recorded 133 wins and 94 losses. After Coach Poole stepped down in 1977, Terry Abram took over for two seasons. Coach Abram recorded 24 wins and 17 losses during his tenure as the Tornados coach. Mark Kristo was hired and stayed on for one season, 1979-1980, and was 14 and 7. Jack Peterson was hired to coach the Tornados after several successful state championships in the Anoka youth program. Coach Peterson guided the Tornados to their first state tournament bid in 1985. The 1985 Tornados captured third place in the state tournament. Coach Peterson coached for eight seasons and had a record of 124 wins, 63 losses and 2 ties. Greg Rajanen stepped in after Coach Peterson and guided the Tornados to a fifth place finish in the 1990 state tournament. Coach Rajanen was the Tornados coach from 1989 until 1993 and posted 71 wins, 51 losses and 2 ties. In 1994, John Birrenkott took over the

program and recorded 88 wins against 39 losses and 5 ties. Coach Birrenkott guided the Tornados to back-to-back state tournament appearance in 1997 and 1998. In 1997 the Tornados won the consolation championship and in 1998, the Tornados lost in the state championship game against Duluth East 3 - 1. In 1999, Todd Manthey took over the Anoka Tornados Hockey program. Coach Manthey coached the Tornados for 18 seasons and posted a record of 217 wins, 206 losses and 12 ties. In 2003, Coach Manthey's team was crowned the state champion in boys' hockey. It was the first boys' state hockey championship in school history. Coach Manthey led the Tornados back to the state tournament in 2016. Coach Jerrid Reinholz will carry on the Tornado tradition.



The Anoka High School hockey program has fielded a boys' hockey team for the past 63 seasons. In that time Anoka has had seven players drafted by the National Hockey League:

Steve Alley	Chicago Blackhawks
Paul Reifenberger	New York Rangers
Tod Hartje	Winnipeg Jets
Steve Magnusson	Calgary Flames
Dan Reimann	New Jersey Devils
Reg Berg	Toronto Maple Leafs
Nate Miller	Los Angeles Kings

The Anoka High School hockey program has also had two hockey players that have played in the Olympic games:

Steve Alley	1976 Olympics
Jeff Hymanson	1976 Olympics

The Anoka High School hockey program has a rich tradition of outstanding hockey players. The rich tradition will continue to grow because of the dedicated individuals within the Anoka Area Hockey Association and the high school level that put forth countless hours to insure the program continues to flourish.

# ANOKA HOCKEY HISTORY

## Anoka Tornadoes Hockey Coaches (1953-Present):

Coaches	Years Coached	Wins	Losses	Ties
Wes Bauer	1953-1954	4	2	0
Jim Alley	1954-1963	81	98	0
Joe Poole	1963-1977	159	122	8
Terry Abram	1977-1979	25	17	1
Mark Kristo	1979-1980	15	7	0
Jack Peterson	1980-1989	124	61	4
Greg Rajanen	1989-1993	92	63	3
John Birrenkott	1993-1999	88	39	5
Todd Manthey	1999-2016	217	206	12
Jerrid Reinholz	2016 - Present	11	15	1
Anoka's All-Time Record		816	630	34

# ANOKA HOCKEY ALUMNI

## First Team All Metro Players

Ron Berg	1972
Mike Ekmark	1972
Paul Reifenberger	1981
Todd Manthey	1984
Tod Hartje	1986
Jon Manthey	1987
Steve Magnusson	1991
Dan Reimann	1991
Reg Berg	1994
Bill Birrenkott	1997
Ryan Johnson	1998
Jerrid Reinholz	1998
Tim Manthey	2003
Matt Sorteberg	2004

## Olympic Players

Steve Alley	1976
Jeff Hymanson	1976



## Drafted Players

Steve Alley	Chicago Blackhawks
Paul Reifenberger	New York Rangers
Tod Hartje	Winnipeg Jets
Steve Magnusson	Calgary Flames
Dan Reimann	New Jersey Devils
Reg Berg	Toronto Maple Leafs
Nate Miller	Los Angeles Kings

*If you know of any other players not listed here, please contact Jerrid Reinholz*

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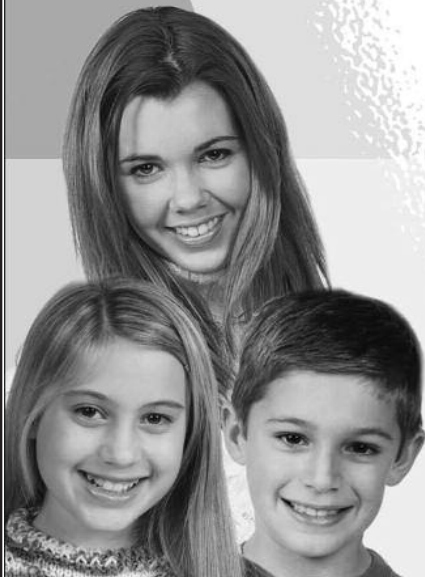
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# ANOKA HOCKEY ALUMNI

## HS All Star Game

Todd Manthey	Greg Manthey	Sean Fish	Andrew Johnson
Tod Hartje	Jon Manthey	Andy LaHoud	Aaron LaHoud
Brad Hamacher	Tony Flint	Matt Sorteberg	Chase Evertz
Steve Magnusson	Dan Reimann	Kyle Olstad	Eric Johnson
Jeremy Coe	Joe Blake	Billy Becker	Ross Ring-Jarvi
Ryan Forbes	Bill Birrenkott	Matt Olson	Ryan Noonan
Dan Donnette	Jake Froiland	Brendon Eason	Jeff Lesmeister
Scott Lichter	Jerrid Reinholz	John O'Neill	Cory Belisle
Adam Sharratt	Gabe Hilmoe	Andrew Olek	Andrew Herlosky
Bryan Talbot	Ryan Eason	Tyler Hong	Kristian Manthey
Adam Reid	Shawn Stafford	Robbie Goor	Adam Orn
Scott Kryzmarzick	Steve Friese	Alec Seeger	
Tim Manthey	Ben Hendrick		

## ANOKA HOCKEY ALUMNI SPONSORS

2017 - 2018

The Anoka Boys' Hockey Program extends a thank you to all the Tornado Alumni for their sponsorship to the hockey program!

Al Springer .....1959	Donald Pearson .....1961
Marvin West .....1968	Gary Kish .....1968
Gary Beckman .....1969	Alan Wells .....1971
Rick Wesp .....1973	Jeff Giddings .....1981
Jay Hartje .....1981	Tim Hartje .....1982
Tami Jo Manthey .....1983	Todd Manthey .....1984
Paul Talbot .....1984	William Carlson .....1986
Tod Hartje .....1986	Mark Hetland .....1994
Adam Flint .....1991	Mark Wells .....1997
Steve Lichter .....1996	Rick Talbot .....1998
Scott Lichter .....1998	Chad Zwerdling .....1998
Jesse Wesp .....1998	J.P. West .....1999
Bryan Talbot .....1999	Tim Manthey .....2003
Matt Olson .....2001	Tyler Manthey .....2008
Chad Olstad .....2003	Tyler Hong .....2012
Blair Randall .....2008	Brett Baudette .....1981
Greg Rajanen .....Coach	Michael Talbot .....2016

# ANOKA HOCKEY ALUMNI

## IN THE COLLEGE RANKS

Chuck Hadley	Bemidji	Tom Hayes	St. Scholastica
Justin Reinholz	Concordia	Bill Birrenkott	St. John's
Nick Palumbo	Augsburg	Jeff Miller	Superior
Todd Manthey	SCSU	Jake Froiland	St. John's
Marv West	SCSU	Tod Hartje	Harvard
Pat Dame	SCSU	Dan Donnette	Northern Michigan
Steve Magnusson	Minnesota	Jon Manthey	Colorado College
Paul Talbot	Alaska	Jerrid Reinholz	Minnesota
Greyson Morrow	Air Force	Brad Hamacher	Army-West Point
Adam Flint	River Falls	Rick Talbot	St. John's
John Birrenkott	Bemidji	Craig King	Stevens Point
Dan Reimann	SCSU	Joe Johnson	Augsburg
Steve West	SCSU	Tony Flint	UMD
Dan McAlister	Air Force	Chad Zwerdling	St. Olaf
Bill Lester	Bemidji	Bo Beckman	Vermont
Damon Krekelberg	Crookston	Mike Braun	St. Olaf
Jay Jundkins	UMD	Chris McLaughlin	UMD
Kevin Peterson	St. John's	Bryan Talbot	St. John's
Brad Morrow	Minnesota	Thad Jensen	Concordia
Dan Lideen	Augsburg	Gabe Hilmoe	St. Thomas
Tom Alley	Denver	Tyler Echternach	Bemidji
Jeremy Coe	Notre Dame	Ryan Johnson	SCSU
Tom Talbot	Air Force	Paul Bender	Concordia
Chad Chamberlain	Crookston	J.P. West	St. Thomas
Craig Miller	Gustavus	Andy Jurek	River Falls
Nate Miller	Minnesota	Craig Chapman	St. Scholastica
Jim Hayes	St. Thomas	Matt Sorteberg	Quinnipiac
Shane DeFeyter	Itasca	Tim Manthey	Army/Stevens Point
Nick Holmes	St. Thomas	Sean Fish	Stevens Point
Andy Birrenkott	UMD	Andrew Johnson	Eau Claire
Jim Allen	Mankato	Ben Hendrick	Eau Claire
Pat Berry	Itasca	Ryan Noonan	Gustavus
Paul Reifenberger	St. Thomas	Ross Ring-Jarvi	Gustavus
Joe Blake	UND	Jeff Lesmeister	St. John's
Jay Hartje	Rainy River	Cory Belisle	Hamline
Ryan Forbes	SCSU	JD Wells	St. John's
Tim Hartje	Air Force	Jeff Giddings	Rainy River
Reg Berg	Minnesota	Brett Baudette	Rainy River
Al Chancellor	Mankato	Robbie Goor	Gustavus
Jon Coe	Providence	Adam Orn	St. John's

*If you know of any other players not listed here, please contact Jerrid Reinholz*

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Danno's Bar Anoka  
Davanni's  
Do All Printing  
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# Good Luck Anoka Tornado Hockey



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Good luck this year boys, we will be rooting for you!

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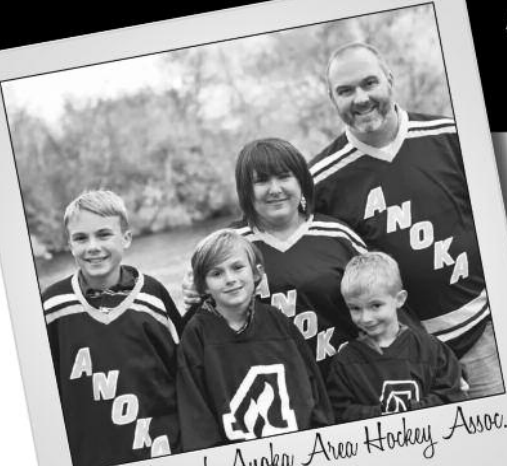
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**GO TORNADOES!**



# REFEREE SIGNALS



## BOARDING

Pounding the closed fist of one hand into the open palm of the other hand.



## DELAYED CALLING OF PENALTY

Referee extends arm and points to penalized player.



## HOLDING

Clasping the wrists of the "whistle hand" well in front of the chest.



## CHARGING

Rotating clenched fists around one another in front of chest.



## ELBOWING

Tapping the elbow of the "whistle hand" with the opposite hand.



## HOOKING

A tugging motion with both arms, as if pulling something toward the stomach.



## CROSS-CHECKING

A forward and backward motion with both fists clenched extending from the chest.



## HIGH-STICKING

Holding both fists clenched one above the other at the side of the head.



## ICING

Linesman's arms folded across the upper chest.



## TRIPPING

Strike the right leg with the right hand below the knee keeping both skate on the ice.



## INTERFERENCE

Crossed arms stationary in front of chest with fists closed



## ROUGHING

A thrusting motion with the arm extending from the side.



## KNEEING

Slapping the knee with palm of hand while keeping both skates on the ice.



## SLASHING

A chopping motion with the edge of one hand across the opposite forearm.



## UNSPORTSMAN-LIKE CONDUCT

Use both hands to form a "T" in front of the chest.



## MISCONDUCT

Place both hands on hips.



## SPEARING

A jabbing motion with both hands thrust out in front of the body.



## WASH-OUT

Both arms swung laterally across the body with palms down. When used by the Referee it means goal disallowed.

**Have a great season!**  
**smile!** You're in good hands.



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Have a great season!***

# Good Luck Anoka Skaters!!

It will be fun to see your hard work last summer pay off!

## 2018 Anoka Summer Training Program

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