

ANOKA

Home of the Tornadoes



ANOKA VARSITY HOME GAMES

11-29-22	SW Christian/Richfield	7:00 p.m.	1-26-23	Blaine	7:00 p.m.
12-1-22	Maple Grove	7:00 p.m.	1-28-23	Armstrong/Cooper	3:00 p.m.
12-13-22	Hastings	7:00 p.m.	2-4-23	Centennial	3:00 p.m.
1-10-23	Hopkins	7:00 p.m.	2-9-23	Champlin Park	7:00 p.m.
1-19-23	Coon Rapids	7:00 p.m.	2-11-23	Woodbury	3:00 p.m.

HOCKEY

2022 - 2023

ANOKA HOCKEY SCHEDULE 2022-2023

Date	Home/Away	Opponent	Location	JV/V Times
Tue Nov. 29	Home	Southwest Christian/Richfield	Anoka Ice Arena	5pm/7pm
Thu Dec. 1	Home	Maple Grove	Anoka Ice Arena	5pm/7pm
Tue Dec. 6	Away	@ Irondale	National Sports Cntr.	5:30pm/7:30pm
Thu Dec. 8	Away	@ Osseo	Dick Vraa Ice Arena	5pm/7pm
Tue Dec. 13	Home	Hastings	Anoka Ice Arena	5pm/7pm
Sat Dec. 17	Away	@ Coon Rapids	Coon Rapids Ice Center	Noon/7:30pm
Tue Dec. 20	Away	@ Cambridge-Isanti	Isanti Ice Arena	5:15pm/7pm
Thu Dec. 22	Away	@ Roseville	Roseville Ice Arena	5:30pm/7:30pm
Thu Dec. 27-29	Away	TBD	Duluth Heritage Sports Cntr.	Heritage Holiday Hockey Classic
Tue Jan. 3	Away	@ St. Francis	East Bethel Ice Arena	5:15pm/7pm
Thu Jan. 5	Away	@ Totino-Grace	Brooklyn Park Community Cntr.	5pm/7pm
Tue Jan. 10	Home	Hopkins	Anoka Ice Arena	5pm/7pm
Thu Jan. 12	Away	@ Elk River	Furniture and Things Comm. Event Cntr.	5pm/7pm
Sat Jan. 14	Away	@ Spring Lake Park	Fogerty Arena	1pm/3pm
Thu Jan. 19	Home	Coon Rapids	Anoka Ice Arena	5pm/7pm
Sat Jan. 21	Away	@ Andover	Andover Arena	12pm/2pm
Tue Jan. 24	Away	@ Forest Lake	Forest Lake Sports Center	5pm/7pm
Thu Jan. 26	Home	Blaine	Anoka Ice Arena	5pm/7pm
Sat Jan. 28	Home	Armstrong/Cooper	Anoka Ice Arena	1pm/3pm
Thu Feb. 2	Away	@ Rogers	Roger Activity Center	5pm/7pm
Sat Feb. 4	Home	Centennial	Anoka Ice Arena	5pm/7pm
Thu Feb. 9	Home	Champlin Park	Anoka Ice Arena	5pm/7pm
Sat Feb. 11	Home	Woodbury	Anoka Ice Arena	1pm/3pm

Bold indicates home games

WELCOME TO ANOKA HIGH SCHOOL HOCKEY!

Thank you for attending the game today and welcome back to High School Hockey Season in Minnesota! Your support is important to our student-athletes, our Anoka Hockey Program and Anoka High School.

It is going to be another exciting and fast paced hockey season for the Anoka Tornados. New head Coach Mitshulis and his staff have been anticipating this upcoming season and are excited for the opening of the 2023 season.

We compete in a very tough conference and are pumped up to play our tough schedule. Playing in this conference makes us better prepared for the section playoffs and we are all excited for this season. Thank you to our Hockey Boosters for all the wonderful work they do each day to support our Tornado Hockey team, our student-athletes and our coaches. Our season could not be possible without the time, dedication, hard work and organization of our booster program.

We appreciate your support today of our Anoka Hockey program, for following all of the health protocols set in place and I expect everyone here at the game to support our coaches, student-athletes, referees, visiting coaches and players and fans in a positive manner. I expect everyone to cheer on all the competitors during and after the game, and to refrain from any negative comments toward anyone in the arena. Please be respectful at all times with your conduct and speech. Please show your Anoka High School spirit and be supportive of all of our student-athletes and coaches. The student-athletes and coaches prepare and play to win every game, but the scoreboard does not always go our way and that is part of life. As an Anoka Family, we always want to support each other at all times whether in a win or a loss. We play better with a positive cheering crowd! Good luck to our Tornado Hockey team and coaches today!

GO ANOKA TORNADOES!

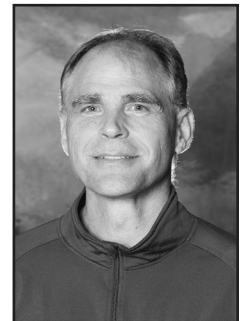
Michael Farley

Michael D. Farley, Principal
763-506-6201



MIKE FARLEY
Principal

The Activities Department would like to welcome you to the 2022/2023 Anoka High School Boys Hockey season! We are thoroughly excited to see New Head Coach Mitshulis and his coaching staff showcase a program that the school and community can rally around with enthusiasm and pride!



LANCE WICKS
Activities Director

While winning is important to our athletic programs, our ultimate goal of our athletic department is to teach discipline, goal setting, accountability, dedication, teamwork and integrity; attributes that we want all our young women and men in our community to have.

Many of the hockey players trained hard in the off-season on the ice and in the weightroom. I am confident their off-season efforts will pay off. We hope this hockey season brings long lasting memories and relationships for the players, managers, coaches and cheerleaders.

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 Mitshulis and the Anoka **Tornados** all the best this season! **Go Tornados!**
GO ANOKA TORNADOES!

Lance Wicks
Activities Director
763-506-6223



ANOKA HOCKEY CAPTAINS



Danny Palmquist, Ben Ficocello, Jackson Provoncha, Hayden Ceaser



ANOKA TORNAOES 2022-2023 ROSTER

#	Name	Grade	Position	#	Name	Grade	Position
1	Grant Kelcher	11	Goalie	25	Brett Bennett	10	Forward
2	Aidan Solie	10	Forward	27	Brin Wiczek	10	Forward
3	Mason Beaver	11	Defense	28	Braeden Thorson	10	Defense
4	Trevor Lang	11	Forward	29	Bentley Sathre	10	Defense
5	Fred Huebner	12	Forward	30	Collin Rosenau	10	Goalie
6	Sam Carlson	11	Defense	32	Brady Hansen	10	Defense
7	Teddy Mitshulis	10	Forward	33	Lauren Lafferty	10	Goalie
8	Jackson Provoncha	11	Defense	34	Alec Dahlvang	10	Forward
9	Hayden Ceaser	12	Forward	35	Vanden Vogt	10	Goalie
10	Parker Nedland	11	Defense	36	Andy Olson	10	Defense
11	Joshua Graske	12	Defense	37	Luke Folstrom	10	Forward
12	Alan Vokaty	12	Forward	38	Ryan Watkins	10	Forward
13	Danny Ness	12	Forward	39	Hadley Hunter	10	Forward
14	Danny Palmquist	12	Defense	40	Hagen Brody	10	Forward
15	Ben Ficocello	12	Forward	Varsity Coaches: Ted Mitshulis, Brian Pender, Eric Johnson			
16	Lance Lewis	12	Defense	JV Coaches: Logan Putt, Owen Maloney			
17	Hunter Brunner	10	Forward	Goalie Coach: , Robbie Goor			
18	Cullen Lande	12	Defense	Goalie Consultant Nathan Hadley			
19	Austin Weinrich	12	Forward	Anouncer Rick Klabecek			
20	Jack Boehler	12	Defense	Managers: Will Czech, Noah Thelen			
21	Will Cederstrand	11	Forward	Athletic Trainers: Heidi Beckendorf,			
22	Ryan Barthel	12	Forward	Activities Director: Mr. Lance Wicks			
23	Kadden Soukup	10	Forward	Principal: Mr. Mike Farley			
24	Matt Risch	11	Forward	Superintendent: Dr. Kate Maguire			
				Nickname: Anoka Tornadoes			

2022-2023 MANAGERS



Noah Thelen



Will Czech

TRAINING STAFF



Heidi Beckendorf

To play the game is good,
to win is better,
but to love the game is

BEST OF ALL.

ANOKA

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GO TORNADOES!



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Jackie Barthel 612.382.6424
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2022-2023 TORNADO SENIORS

FRED HUEBNER

SENIOR ● FORWARD



5

Last year's team - Varsity
5'9", 148 pounds
Parent: Jenny and Kevin
Interests/Sports: Baseball
Favorite Food: Mexican Food

HAYDEN CEASER

SENIOR ● FORWARD



9

Last year's team - Varsity
5'10", 165 pounds
Parent: Josh and Melissa
Siblings: Madison
Interests/Sports: Solving Rubik's cubes, playing army guys with the boys, people watching, watching paint dry, gladiator cosplay, playing dress up
Favorite Food: Smoked T.Rex and pterodactyl wings

JOSHUA GRASKE

SENIOR ● DEFENSE

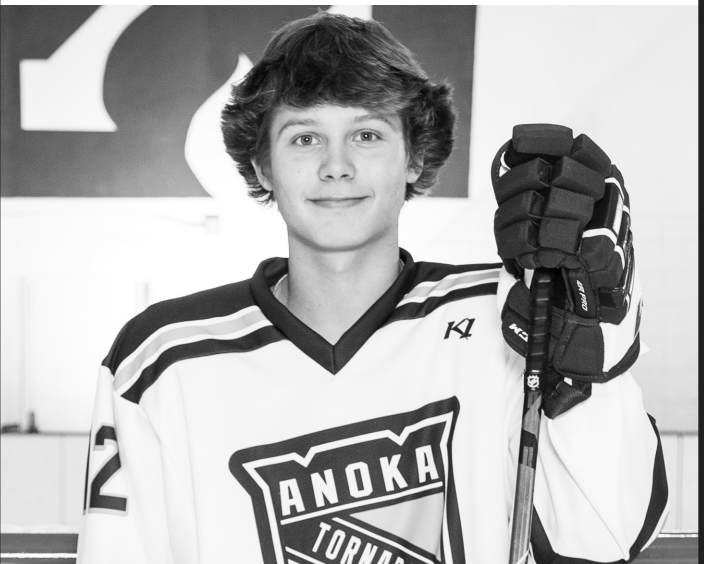


11

Last year's team - JV/Varsity
6'2", 185 pounds
Parents: Tom and sue
Sibling: Rachael and David
Interests/Sports: pole vault
Favorite Food: chicken

ALAN VOKATY

SENIOR ● FORWARD



12

Last year's team - JV/Varsity
5'10", 160 pounds
Parents: Alan and Chrissy
Siblings: Elizabeth and Sierra
Interests/Sports: Golf
Favorite Food: steak

2022-2023 TORNADO SENIORS

DANNY NESS

SENIOR ● FORWARD



#13

Last year's team - JV/Varsity
5'11.75", 175 pounds
Parents: Tim and Eileen
Siblings: Emma and Fiona
Interests/Sports: Running and ceramics
Favorite Food: Artichoke dip!

DANNY PALMQUIST

SENIOR ● DEFENSE



#14

Last year's team - Varsity
5'6", 165 pounds
Parents: Steve and Tami
Siblings: Ana
Interests/Sports: Golf
Favorite Food: chicken alfredo

TO AN ATHLETE

There are little eyes upon you,
And they're watching night and day;
There are little ears that quickly
Take in every word you say;
There are little hands all eager
To do anything you do;
and a little boy who's dreaming
Of the day he'll be like you.

You're the little fellow's idol;
You're the wisest of the wise,
In his little mind about you
No suspicions ever arise;
He believes in you devoutly,
Holds that all you say and do,
He will say and do, in your way
When he's a grown-up like you.

There's a wide-eyed little fellow,
Who believes you're always right,
And his ears are always open
And he watches day and night;
You are setting an example
Every day in all you do,
For the little boy who's waiting
To grow up to be like you.

2022-2023 TORNADO SENIORS

BEN FICOCELLO

SENIOR ● FORWARD



#15

Last year's team - JV/Varsity
6'1", 215 pounds
Parent: Anthony and Katie
Siblings: Blake and Brayden
Interests/Sports: Golf hunting fishing
Favorite Food: Steak

LANCE LEWIS

SENIOR ● DEFENSE

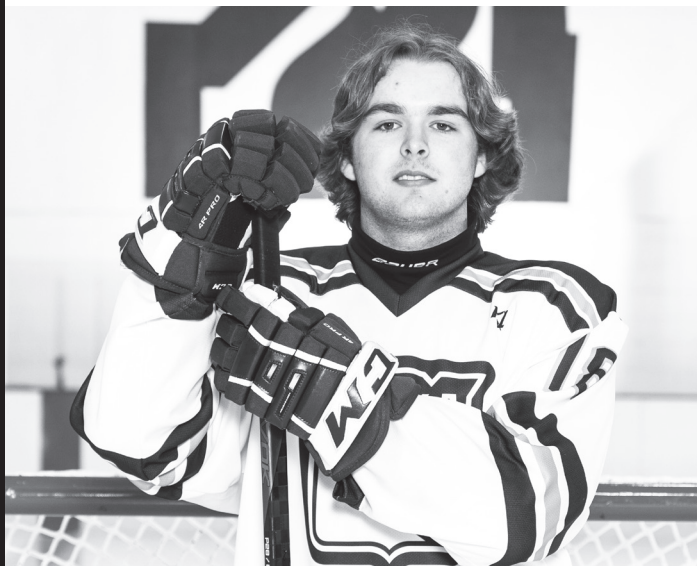


#16

Last year's team - Varsity
5'11", 175 pounds
Parents: Aaron and Heather
Siblings: Carson and Jacob
Interests/Sports: Football, Golf, Snowmobiling
Favorite Food: Salmon

CULLEN LANDE

SENIOR ● DEFENSE



#18

Last year's team - JV/Varsity
5'11", 210 pounds
Parents: Todd and Cami
Siblings: Kasen, Rylan, Oakley and Celia
Interests/Sports: golf, lifting, fishing, video games, volleyball
Favorite Food: chicken

AUSTIN WEINRICH

SENIOR ● FORWARD



#19

Last year's team - Junior Varsity
6'1", 175 pounds
Parents: Chris and Jen
Siblings: Ben, Sara and Anna
Interests/Sports: Golf
Favorite Food: chicken

2022-2023 TORNADO SENIORS

JACK BOEHLER

SENIOR ● DEFENSE



#20

Last year's team - Junior Varsity
6'1", 185 pounds
Parents: Tanya Boehler
Siblings: Carter, Mara
Interests/Sports: Track and field
Favorite Food: Tacos

RYAN BARTHEL

SENIOR ● FORWARD



#22

Last year's team - Junior Varsity
5'6", 175 pounds
Parents: Jackie and Anthony
Sibling: Jacob, Noah
Interests/Sports: Lifting
Favorite Food: Spaghetti



TWIN CITIES
ORTHOPEDICS



OFFICIAL SPORTS MEDICINE PROVIDER



Heidi Beckendorf, LAT, ATC

Licensed Athletic Trainer | Anoka High School

Education: Bachelor of Arts in Physical Education and
Athletic Training at Augsburg University

Number of Years at Anoka: 21 years

HeidiBeckendorf@TCOMN.com

2022-2023 TORNADO JUNIORS

GRANT KELCHER

JUNIOR ● GOALIE



#1

Last year's team - Junior Varsity
5'4", 115 pounds
Parents: Dave and Kim
Siblings: Alison
Favorite Food: Steak

MASON BEAVER

JUNIOR ● DEFENSE



#3

Last year's team - JV/Varsity
6', 155 pounds
Parents: Melissa and Ryan
Siblings: Makenna
Interests/Sports: Tennis
Favorite Food: Steak

TREVOR LANG

JUNIOR ● FORWARD



#4

Last year's team - JV/Varsity
6', 175 pounds
Parents: Ryan and Katie
Sibling: Austin
Interests/Sports: Baseball
Favorite Food: Steak

SAM CARLSON

JUNIOR ● DEFENSE



#6

Last year's team - Ice Dogs
5'11", 160 pounds
Parents: Steve and April
Siblings: Emma and Ben
Interests/Sports: Xbox
Favorite Food: burgers

2022-2023 TORNADO JUNIORS

JACKSON PROVONCHA

JUNIOR ● DEFENSE



#8

Last year's team - Varsity
5'10", 165 pounds
Parents: Jill and Dennis
Sibling: Lauren
Interests/Sports: Baseball, Underwater basket weaving, math homework, arts and crafts, coloring books, american girl dolls, jewelry design, origami, cooking/baking, lincoln logs, anime
Favorite Food: Southern Rockhopper Penguin

PARKER NEDLAND

JUNIOR ● DEFENSE



#10

Last year's team - Junior Varsity
5'11", 160 pounds
Parents: Jeff and Rachael
Siblings: Carson and Griffin
Interests/Sports: Baseball
Favorite Food: Spaghetti

WILL CEDERSTRAND

JUNIOR ● FORWARD



#21

Last year's team - Junior Varsity
6'1", 165 pounds
Parents: Angie, and Chip
Sibling: Bailey and Allie
Interests/Sports: Golf, Hunting and fishing
Favorite Food: Steak

MATT RISCH

JUNIOR ● FORWARD



#24

Last year's team - Bantam AA
5'5", 113 pounds
Parents: Anthony and Jodie
Sibling: Emily and Kaylen
Interests/Sports: all sorts of sports
Favorite Food: pasta any type

2022-2023 TORNADO SOPHOMORES

AIDAN SOLIE

SOPHOMORE ● FORWARD



#2

Last year's team - Bantam B1
5'4", 130 pounds
Parents: Matt and Erin
Siblings: Julia and Annika
Interests/Sports: Golf
Favorite Food: Steak

TEDDY MITSHULIS

SOPHOMORE ● FORWARD



#7

Last year's team - Bantam AA
5'11", 180 pounds
Parents: Ted and Brenda
Sibling: Lucy
Interests/Sports: Fishing, Lifting
Favorite Food: Steak and potatoes

HUNTER BRUNNER

SOPHOMORE ● FORWARD



#17

Last year's team - Bantam AA
5'8", 155 pounds
Parents: Joe and Nicole
Sibling: Jace
Interests/Sports: Baseball
Favorite Food: Hibachi

KADDEN SOUKUP

SOPHOMORE ● FORWARD



#23

Last year's team - Tier 1 Green Bay Gamblers
5'5", 135 pounds
Parents: Jason
Sibling: Kaiya and Kiyanna
Interests/Sports: lifting, shooting pucks, and family time
Favorite Food: alfredo noodles

2022-2023 TORNADO SOPHOMORES

BRETT BENNETT

SOPHOMORE ● FORWARD



25

Last year's team - Bantam B1
5'7", 125 pounds
Parents: Mike and Renee
Siblings: Brooke, Brianna
Interests/Sports: Lacrosse
Favorite Food: Pizza

BRIN WICZEK

SOPHOMORE ● FORWARD

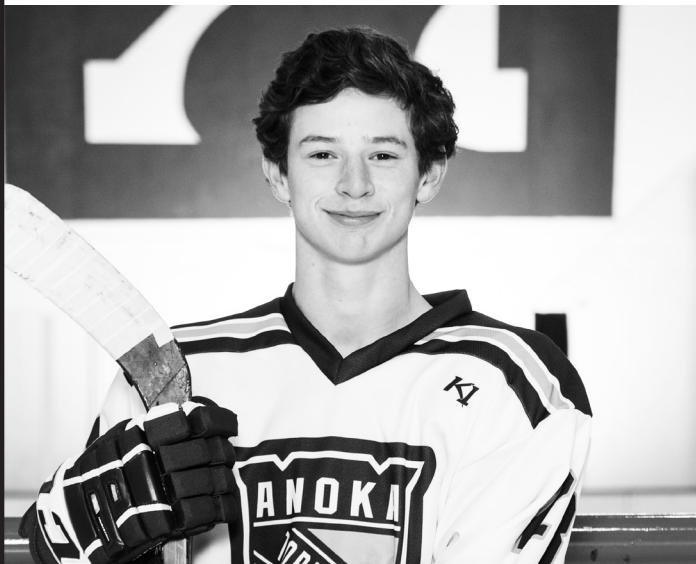


27

Last year's team - Bantam B1
5'9", 120 pounds
Parents: Mitch and Jen
Sibling: Hana, Shaw, Holt, Jace, Cade, and Drew
Interests/Sports: Golf and fishing
Favorite Food: Tacos

BRAEDEN THORSON

SOPHOMORE ● DEFENSE



28

Last year's team - Bantam AA
5'8", 145 pounds
Parents: Erik and Kristie
Sibling: Landon and Rylee
Interests/Sports: Golf and weightlifting
Favorite Food: Chicken Alfredo

BENTLEY SATHRE

SOPHOMORE ● DEFENSE



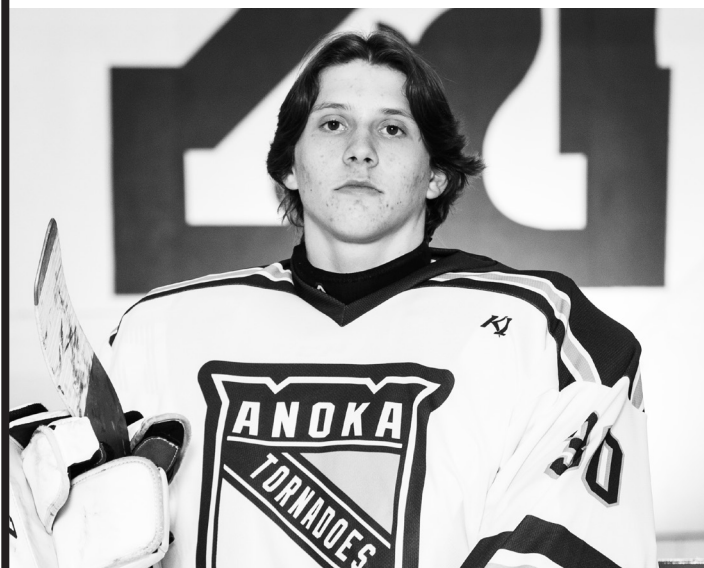
29

Last year's team - Minnesota Made Nordiques
5'4", 135 pounds
Parents: Josh and Christy
Sibling: Ariel
Interests/Sports: Golf
Favorite Food: Bacon

2022-2023 TORNADO SOPHOMORES

COLLIN ROSENAU

SOPHOMORE ● GOALIE



#30

Last year's team - Bantam AA
5'11", 175 pounds
Parents: Doug and Michelle
Interests/Sports: Golf, camping
Favorite Food: spaghetti

BRADY HANSEN

SOPHOMORE ● DEFENSE



#32

Last year's team - Bantam B1
5'6", 134 pounds
Parents: Chris and Lisa
Sibling: Amber and Lindsay
Interests/Sports: Skiing, golf, snowboard, fishing, hunting
Favorite Food: cheeseburger

LAUREN LAFFERTY

SOPHOMORE ● GOALIE



#33

Last year's team - Bantam AA
5'5", 145 pounds
Parents: Sean and Emily
Sibling: Landon
Interests/Sports: Volleyball
Favorite Food: pasta

ALEC DAHLVANG

SOPHOMORE ● FORWARD



#34

Last year's team - Bantam AA
5'6", 130 pounds
Parents: Jessica and Travis
Sibling: Iva, Hank, Frank
Favorite Food: pasta

2022-2023 TORNADO SOPHOMORES

VANDEN VOGT

SOPHOMORE ● GOALIE



#35

Last year's team - Bantam B1
5'6", 125 pounds
Parents: Sara and Kevin
Siblings: Brecken
Interests/Sports: Golf, Tennis and Soccer
Favorite Food: Costco pizza

ANDY OLSON

SOPHOMORE ● DEFENSE



#36

Last year's team - Bantam B1
6'1", 180 pounds
Parents: Ross and Sonja
Siblings: Annika
Interests/Sports: Fishing
Favorite Food: pancakes

LUKE FOLSTROM

SOPHOMORE ● FORWARD



#37

Last year's team - Bantam AA
5'9", 170 pounds
Parents: Kurt and Bekki
Sibling: Hannah
Interests/Sports: Baseball and Fishing
Favorite Food: spaghetti

RYAN WATKINS

SOPHOMORE ● FORWARD



#38

Last year's team - Bantam AA
5'7", 125 pounds
Parents: Alex and Sherri
Sibling: Lila and Joey
Interests/Sports: Lacrosse and Fishing
Favorite Food: pasta

2022-2023 TORNADO SOPHOMORES

HUNTER HADLEY

SOPHOMORE ● FORWARD



#39

Last year's team - Bantam AA
6'2", 160 pounds
Parents: Ryan and Kari
Siblings: Kenzie and Autumn
Interests/Sports: Watching sports, graphic designing,
and Hockey
Favorite Food: burritos

BRODY HAGEN

SOPHOMORE ● FORWARD



#40

Last year's team - Bantam B1
5'5", 130 pounds
Parents: Jon and Debra
Sibling: Brock, Brea, Curtis
Interests/Sports: Golf, Snowboarding, Umpiring,
and Mountain Biking
Favorite Food: crab/steak

NATIONAL HONOR SOCIETY



Ryan Barthel, Will Cederstrand, Jackson Provoncha, Joshua Graske

HTH

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Mike Orn

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State Farm Agent

mike@mikeorn.com

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Back row: Ryan Barthel, Braeden Thorsen, Fred Huebner, Luke Folstrom, Alan Vokaty, Hunter Brunner, Fred Huebner
Middle row: Eric Johnson, Ted Mitshulis, Collin Rosenau, Teddy Mitshulis, Lance Lewis, Danny Ness, Trevor Mason, Mason Beaver, Jack Boehler, Parker Nedland, Cullen Lande, Vanden Vogt, Brian Pender, Logan
Front row: Noah Theilen, Grant Kelcher, Kadden Soukup, Brody Hagen, Matthew Risch, Ben Ficocello, Dan Lauren Lafferty, Owen Maloney

ANOKA TORNADO

2022



Brin Wiczek, Alec Dahlvang, Ryan Watkins, Brett Bennett

Lang, Sam Carlson, Will Cederstrand, Hunter Hadley, Joshua Graske, Andy Olson, Austin Weinrich,
an Putt

anny Palmquist, Haden Ceaser, Jackson Provoncha, Bentley Sathre, Aiden Solie, Brady Hansen,

ANOKA HOCKEY TEAM

2023

2022-2023 SENIORS



Back Row: Joshua Grasko, Danny Ness, Alan Vokaty, Austin Weinrich, Cullen Lande, Lance Lewis, Jack Boehler
Front Row: Ryan Barthel, Danny Palmquist, Hayden Ceaser, Ben Ficocello, Fred Huebner

2022-2023 JUNIORS



Back Row: Mason Beaver, Parker Nedland, Sam Carlson, Will Cederstrand, Trevor Lang
Front Row: Matthew Risch, Grant Kelcher, Jackson Provoncha

2022-2023 SOPHOMORES



Back Row: Brady Hansen, Ryan Watkins, Andy Olson, Hunter Hadley, Teddy Mitshulis, Hunter Brunner, Luke Folstrom
Middle Row: Bentley Sathre, Aiden Solie, Braeden Thorson, Brett Bennett
Front Row: Alec Dalhvang, Kadden Soukup, Colin Rosenau, Lauren Lafferty, Vanden Vogt, Brody Hagen, Brin Wiczek

OUR TORNADOES GOLF SPONSORS 2022-23

A huge thank you to the following donors/sponsors of the annual boys hockey golf fundraiser!
Please pass on your thanks to these individuals and/or solicit their businesses:

Air Mechanical
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CNCInspections
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NRH

Parsons Elec
Pizza Ranch
Prestige Drywall
Provoncha Family
Riversbend
Tim and Rose Talbot
Troy Bearl
Construction
Village Bank

THANKS to all of you, we could not do it without you!

ANOKA HOCKEY CAPTAINS

1952-1953.....	Donald Bracht, Mel Pearson		Dan Reimann
1953-1954.....	Larry Swanson	1991-1992.....	Jeremy Coe, Sean Primus
1954-1955.....	Mart Weidenbach	1992-1993.....	Andy Birrenkott, Jon Hanson, Nate Miller
1956-1957.....	Lenny McLaughlin, Bob Ridge	1993-1994.....	Nate Miller
1957-1958.....	Ron Bickford, Bob Ridge	1994-1995.....	Joe Blake, Jon Coe, Justin Reinholz
1958-1959.....	Keith Leider, John Tammi	1995-1996.....	Mike Braun, Steve Lichter
1959-1960.....	David Hyllengren	1996-1997.....	Jake Froiland, Dan Donnette, Bill Birrenkott, Josh Flynn
1960-1961.....	Don Pearson, Allen Stull	1997-1998.....	Jerrid Reinholz, Jesse Fish, Joe Johnson, Jesse Wesp
1961-1962.....	Roger Erickson, Charlie Adams	1998-1999.....	Gab Hillmoe, Adam Sharratt, Bryan Talbot
1962-1963.....	Tom Tammi, Bob Peterson	1999-2000.....	Scott Kryzmarzick, Matt Dunsmoor, Andy Jurek, Ben Schoff
1963-1964.....	Sandy Jet, Arnie Stull	2000-2001.....	Ben Schoff, Nick Coffield, Matt Olson, Brian Pender
1964-1965.....	Larry Herrboldt	2001-2002.....	Sean Fish, Tim Manthey Jake Gausman, Ben Hendrick
1965-1966.....	Chet Herrboldt	2002-2003.....	Sean Fish, Tim Manthey
1966-1967.....	Phil Rootes, Doug DeLong	2003-2004.....	Chase Evertz, Kyle Olstad, Matt Sorteberg
1967-1968.....	Chuck Hadley, Marv West, Gary Kish, Doug DeLong	2004-2005.....	Shawn Pietsch, Ross Ring-Jarvi
1968-1969.....	John Birrenkott, Greyson Morrow	2005-2006.....	Matt Olson, Mitch Day, Ryan Noonan
1969-1970.....	Mike Donnette, Jim Mix	2006-2007.....	Ryan Noonan, Will Setterberg
1970-1971.....	Ron Berg, Buddy Hedberg	2007-2008.....	Jeff Lesmeister, John O'Neill
1971-1972.....	Steve Alley, Bill Lester, Brad Morrow	2008-2009.....	Dustin Olson, Berkley Scott
1972-1973.....	Craig Miller, Rick Wesp	2009-2010.....	Leo Breffle, Erik Dahlgren, Andrew Olek
1973-1974.....	Tom Alley, Kevin Wolters	2010-2011.....	Tony Niederhaus, Andrew Olek
1974-1975.....	Peter Dale, Jon Holmes, Paul Ziegler	2011-2012.....	Dylan Adler, Tyler Hong, Kyle Thorpe
1975-1976.....	Jan Erickson, Steve Wolff	2012-2013.....	Dylan Adler, Kristen Manthey, Chase West
1976-1977.....	Dave Holmes, Mike Rose Bryan Renslow	2013-2014.....	Robbie Goor, Adam Orn, Gavin Putt
1977-1978.....	Kurt Bebeau, Mark Poce, Pete Sorteberg	2014-2015.....	Riley Perry, Alex Orn
1978-1979.....	Mark Garbers, Gary Tolkinen	2015-2016.....	Blake Neumann, Spencer Olson Michael Talbot
1979-1980.....	Nick Homes, Chris Prosser	2016-2017.....	Jack Giddings, Jared Wilber
1980-1981.....	Paul Reifenberger, Paul Sorteberg	2017-2018.....	Adam Novack, Casey Orn, Carter Perry
1981-1982.....	Al Chancellor, Tim Hartje	2018-2019.....	Quinn Putt, Brendan Sloth, Alex Heidenreich Nathan Hadley
1982-1983.....	Gary Spear, Matt Steinbring	2019-2020.....	Ian Andrea, Jack Novack, Matt Orr
1983-1984.....	Todd Manthey, Paul Talbot, Mitch Wiczek	2020-2021.....	Jack Novack, Tanner Wanous, Frank Guimont, Nate Simon
1984-1985.....	Tony Moore, Greg Manthey, Jeff Morawczynski	2021-2022.....	Wyatt Maloney, Austin Lang, Michael McGonigal, Jacob Reinholz
1985-1986.....	John Beckman, Jeff Foss, Tod Hartje	2022-2023.....	Hayden Ceaser, Ben Ficocello, Danny Palmquist, Jackson Provoncha
1986-1987.....	Brad Hamacher, Jon Manthey		
1987-1988.....	Bo Beckman, Tony Flint, Torrey Kjelstad		
1988-1989.....	Thad Jensen, Chris McLaughlin		
1989-1990.....	Matt Bender, Tyler Echternach		
1990-1991.....	Adam Flint, Steve Magnusson,		

ANOKA HOCKEY AWARDS

INDIVIDUAL AWARDS

Most Determined

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
2018	Noah Tews
2019	Cullen Belisle
2020	Tanner Wanous
2021	Nate Simon
2022	Hayden Ceasar, Michael McGonigal

Team Before "I"

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
2018	Adam Novack Casey Orn
2019	Cullen Belisle
2020	Tanner Wanous
2021	Tanner Wanous Nate Simon
2022	Wyatt Maloney

Most Improved

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
2018	Noah Tews
2019	Cullen Belisle, Tanner Wanous
2020	Austin Lang
2021	Joshua Graske
2022	Mason Beaver

Kenny Birrenkott MVP Senior

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 Matt Olson
2006	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 Jack Giddings
2017	Carter Perry
2018	Carter Perry
2019	Nathan Hadley
2020	Matt Orr
2021	Frank Guimont
2022	Michael McGonigal

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 Adam Novack
2018	Riley Schewe
2019	Jack Novack
2020	Austin Lang
2021	Hayden Ceasar
2022	Jackson Provoncha

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
2018	Jack Weaver
2019	Ethan Erickson
2020	Ethan Erickson
2021	Ethan Erickson
2022	Owen Phelps

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
2018	Brendan Sloth
2019	Brendan Sloth
2020	Ian Andrea
2021	Jacob Reinholz
2022	Jacob Reinholz

MVP Offense

1997	Jerrid Reinholz
1998	Jerrid Reinholz
1999	Bryan Talbot
2000	Scott Kryzmarzick
2001	Steve Friese 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
2018	Carter Perry
2019	Alex Heidenreich
2020	Matt Orr
2021	Frank Guimont
2022	Hayden Ceasar

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.

If you know of any other players not listed here, please contact Te Mitshulis

A HONOR ROLL



Back Row: Jackson Provoncha, Hayden Ceaser, Will Cederstrand, Joshua Graska, Teddy Mitshulis, Hunter Brunner
Front Row: Ryan Barthel, Grant Kelcher, Braeden Thorson

B HONOR ROLL



Back Row: Brin Wiczek, Brett Bennett, Luke Folstrom, Danny Ness, Austin Weinrich, Cullen Lande, Ben Ficocello, Sam Carlson, Parker Nedland, Andy Olson, Trevor Lang, Jack Boehler, Collin Rosenau, Alec Dahlvang
Front Row: Aiden Solie, Brady Hansen, Danny Palmquist, Kadden Soukup, Alan Vokaty, Lauren Lafferty, Mason Beaver, Matthew Risch, Fred Huebner, Bentley Sathre, Lance Lewis

**A shout out of THANKS to the Anoka
Boys High School Hockey Booster Club!**

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

2022 - 2023

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 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 coached from 2016 to 2021 and now Coach Mitshulis will keep the tornado traditions going strong.



The Anoka High School hockey program has fielded a boys' hockey team for over 64 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	2016-2021	44	97	9
Anoka's All-Time Record		849	702	42

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

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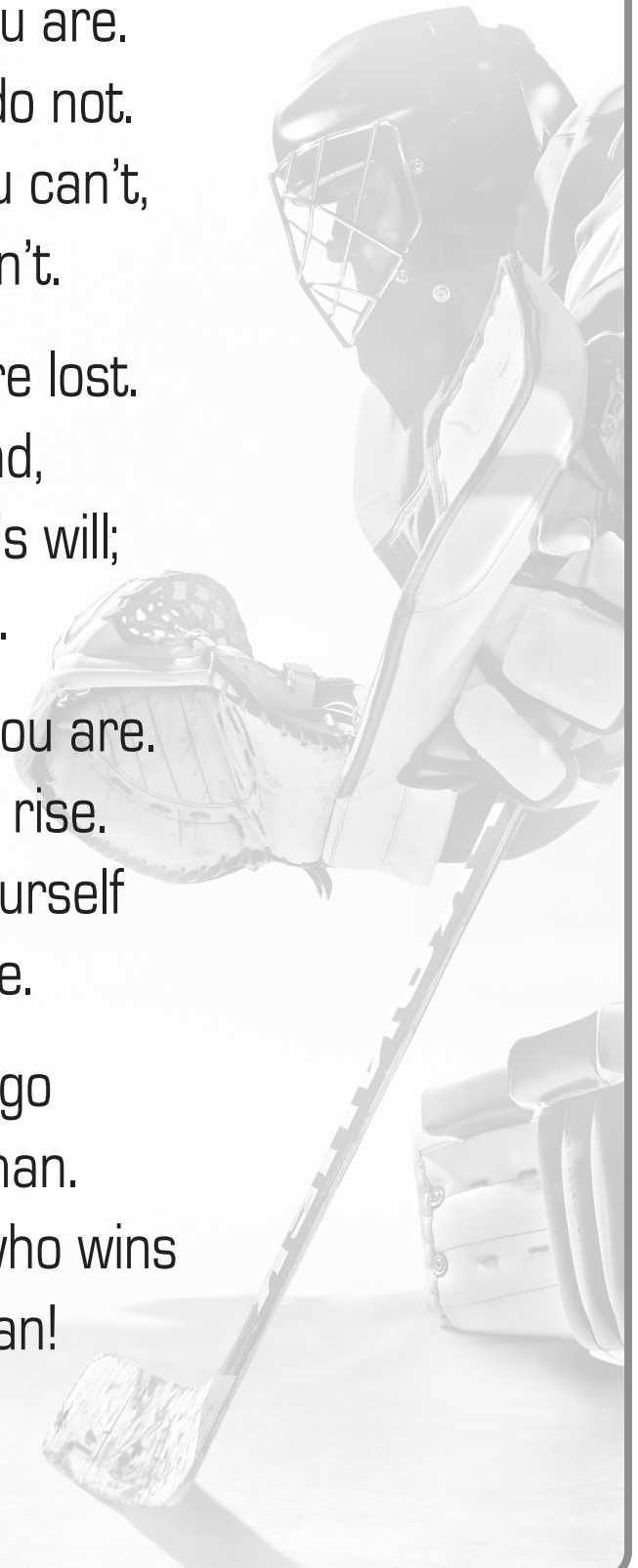
ANOKA TORNADO HOCKEY CHAMPION'S CREED

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!



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 DeFeyer	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

SENIOR SALUTE



Fred,

This photo is your first time in the naughty box. Watching you through years of hockey have been so much fun. I hope your senior year is the best one yet.

Love, Mom and Dad



Hayden,

We've loved watching you play the game you love over all these years, it's been such a fun ride! We've always told you "be small, play big, and work hard". We hope you carry those words with you in your future... we're excited to see what it brings you!

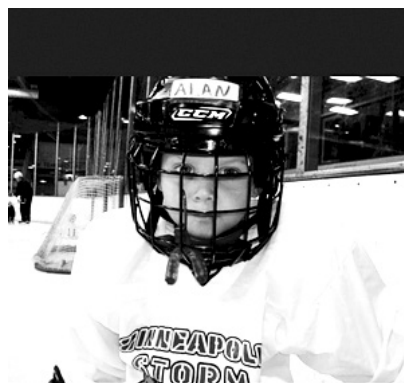
Love always, Mom and Dad



Josh,

it has been such a joy to watch you on the ice for over 13 years! We're proud of your successes and commitment to hockey but most of all, we're proud of your character, both on and off the ice. We love you very much! Here's to your next adventures!

Love, Mom and Dad



Alan,

Crazy to think you'll be lacing up those skates for one last season. 13 years has come and went way too fast. Have a great Senior year. We're so proud of you. We Love you!

Love, Mom and Dad!



Danny,

Dad and I are so proud of all your high school accomplishments! I remember taking this picture like it was yesterday! Hoping all your dreams come true!

Love, Mom and Dad



Danny,

Has it really been 14 seasons of watching you play? We have loved every minute of watching you play!

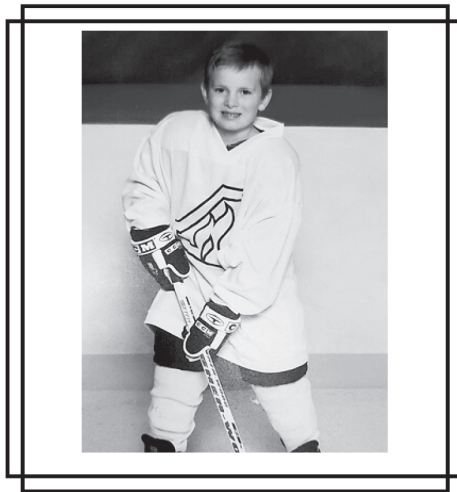
Have a great senior year Danny!

We love you!

Love, Mom and Dad



Ben,
 Watching you play the sport you love is our favorite thing to do! Enjoy your senior season and make lots of memories!! We love you and are so proud of you!!
 Love, Mom and Dad



Lance,
 I don't know where the time went but it sure went fast. Your Dad and I are very proud of the man you have become. Enjoy this last hockey season as much as you can.
 Love,
 Your Favorite Mom



Cullen,
 Congrats on your Senior year at Anoka Hockey. Your Mom, Dad and family are so proud of you and all your accomplishments. Enjoy the year !!
 Love, Mom and Dad



Austin,
 14 years and counting... Take these last games and relish every minute of them. The memories and lessons learned will last a lifetime.
 Love, Mom



Jack,
 Set any doubts aside, push through your comfort zones & always believe in yourself!
 Love, Mom



Ryan,
 What a ride the last 14 years has been! Life long friends and unforgettable memories. Your hard work, determination and passion for the sport are unmatched. We are so proud of you! Soak it all in!
 Love, Mom and Dad

CLASS OF 2023

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Anoka Hockey

RIVERSBEND

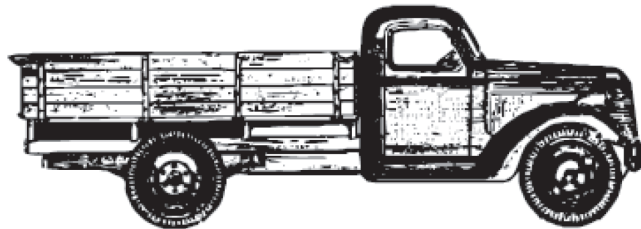
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REFEREE SIGNALS



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



INTERFERENCE
Crossed arms stationary in front of chest with fists closed



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.



DELAYED CALLING OF PENALTY
Referee extends arm and points to penalized player.



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.



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



UNSPORTSMAN- LIKE CONDUCT
Use both hands to form a "T" in front of the chest.



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



ROUGHING
A thrusting motion with the arm extending from the side.



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



MISCONDUCT
Place both hands on hips.



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



thank you

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THANK OUR VERY GENEROUS DONORS.**

PLEASE VISIT THEM!

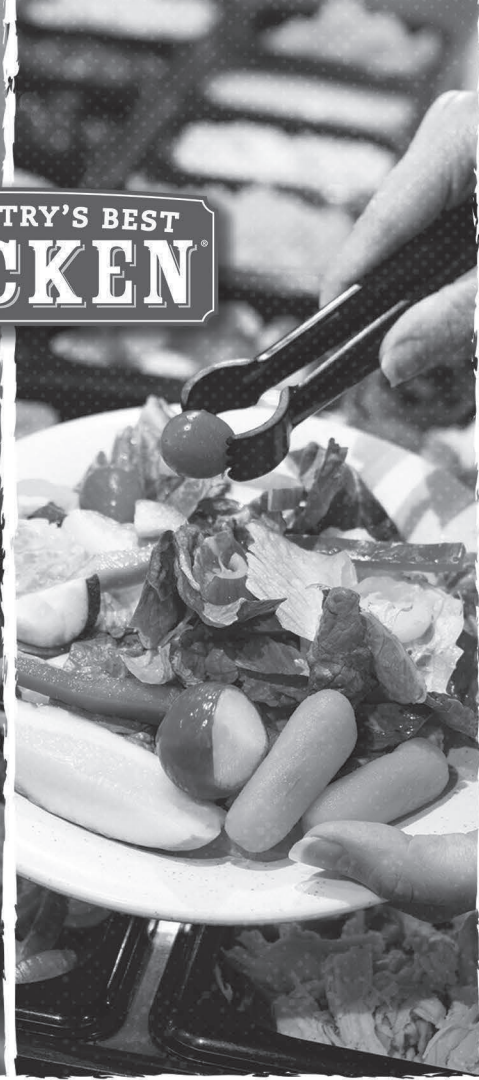
Air Mechanical
Aurelios
Billy's bar and grill
Casper family
CNCInspections
Hat Trick Hockey
Jackie B Realty Group
Mike Orn
Narr Family

NRH
Parsons Elec
Pizza Ranch
Prestige Drywall
Provoncha Family
Riversbend
Tim and Rose Talbot
Troy Bearl Construction
Village Bank





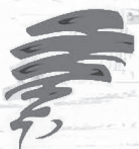
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CHICKEN



Pizza Ranch



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