

# Providence Bruins

**20**  
**SEASONS**

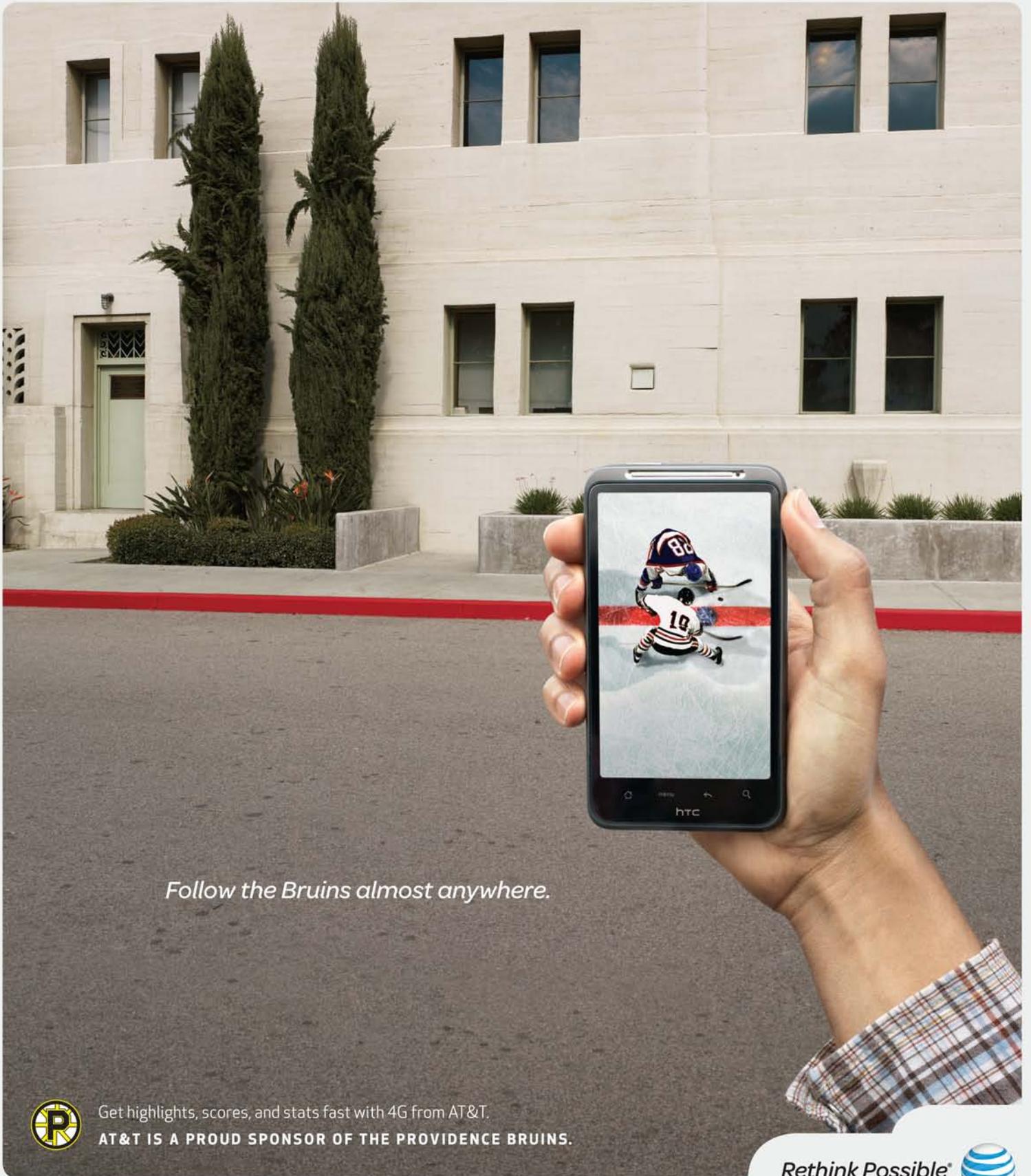
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**2011-12**



**Volume 2**



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# 2011-12 PROVIDENCE BRUINS

## Volume 2



### HOME IS WHERE THE HEART IS

**77** P-Bruins center Josh Hennessy talks about growing up in New England and his journey back to where he started playing hockey.



### READY TO RUMBLE

**134** Nathan McIver and Lane MacDermid speak about the roll of being an enforcer and the possible repercussions.



### COACHES CORNER

**172** P-Bruins strength and conditioning coach shows you one technique that the players use to stay healthy.



### UFA FOR A DAY

**194** Right Wing Jamie Tardif was an unrestricted free agent for the first time in his career, but this new experience only lasted a day.



### MILLER TIME

**237** Rookie defenseman Kevan Miller was an undrafted free agent who earned an NHL contract in under a year.

Providence Bruins Roster ..... 5  
 2011-12 Schedule ..... 6  
 Meet the Coaches ..... 10 & 12

### TEAM INFORMATION

Club Colors ..... Black and Gold  
 Season ..... 20<sup>th</sup> Year  
 Broadcast ..... providencebruins.com  
 Play-by-Play ..... Nick Gagalis  
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 ..... Vanessa Parker, Jon Haynes  
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# 2011-2012 Roster

No.	Player	Pos.	Shoots	Ht	Wt	DOB
2	Andrew Bondarchuck	D	L	5-11	190	7/11/1988
3	Matt Bartkowski	D	L	6-1	190	6/4/1988
5	David Worsofsky	D	L	5-9	170	5/30/1990
6	Ryan Button	D	L	6-0	185	3/26/1991
7	Maxime Sauve	C	L	6-2	184	1/30/1990
8	Nathan McIver	D	L	6-2	195	1/6/1985
9	Zach Hamill	C	R	5-11	180	9/23/1988
10	Kyle Mackinnon	C	L	5-11	184	10/28/1987
11	Josh Hennessey	C	L	6-0	198	2/7/1985
12	Jamie Arniel	C	R	5-11	183	11/16/1989
13	Kirk MacDonald	RW	R	6-2	199	12/18/1983
14	Craig Cunningham	LW	R	5-9	175	9/13/1990
17	Yannick Riendeau	RW	L	5-10	178	6/18/1988
19	Carter Camper	RW	R	5-9	173	7/6/1988
20	Lane MacDermid	LW	L	6-3	205	8/25/1989
21	Bobby Robins	C	R	6-1	220	10/17/1981
22	Calle Ridderwall	LW	R	6-0	193	5/28/1988
23	Trent Whitfield	C	L	5-11	204	6/17/1977
24	Zach McKelvie	D	L	6-2	200	2/22/1985
25	Jamie Tardif	RW	R	6-0	205	1/23/1985
26	Steven Kampfer	D	R	5-11	197	9/24/1988
27	Marc Cantin	D	L	6-1	192	3/27/1990
28	Kevan Miller	D	R	6-2	200	11/15/1987
30	Anton Khudobin	G	L	5-11	199	5/7/1986
33	Michael Hutchinson	G	R	6-3	192	5/2/1990
36	Colby Cohen	D	R	6-3	215	4/25/1989
38	Jordan Caron	RW	L	6-2	202	11/2/1990
	Stefan Chaput	C	L	6-0	192	3/11/1988

**HEAD COACH - Bruce Cassidy**    **ASSISTANT COACH - Kevin Dean**  
**EQUIPMENT MANAGER - Peter Henderson**  
**ASSISTANT EQUIPMENT MANAGER - Joel Lake**  
**TRAINER - Mark Grotzinger**





# 2011/12 PROVIDENCE BRUINS

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	SUN	MON	TUE	WED	THU	FRI	SAT
<b>OCTOBER</b>		2	3	4	5	6	7 STJ
	9 WOR	10	11	12	13	14 MCH	15 SPR
	16 POR	17	18	19	20	21 WOR	22 POR
	23 ALB	24	25	26	27	28 NOR	29 BRI
	30 STJ	31					

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>NOVEMBER</b>			1	2	3	4 MCH	5 MCH
	6 NOR	7	8	9	10	11 MCH	12 POR
	13 WOR	14	15	16	17	18 SPR	19 POR
	20 CT	21	22	23 HER	24	25 NOR	26 NOR
	27	28	29	30			

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>DECEMBER</b>					1	2 CT	3 MCH
	4	5	6	7	8	9 MCH	10 CT
	11 CT	12	13	14	15	16 SPR	17 CT
	18 BRI	19	20	21	22	23	24
	25	26 MCH	27	28 POR	29	30 SPR	31 MCH

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>JANUARY</b>		1	2	3	4	5	6 POR
	7 WOR	8 BRI	9	10	11	12	13 WOR
	14 BRI	15	16	17	18	19	20 WOR
	21 SPR	22 SPR	23	24	25 WBS	26	27 WOR
	28	29	30	31			

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>FEBRUARY</b>				1	2	3 SPR	4 ADK
	5	6	7	8	9	10 POR	11
	12	13	14 STJ	15 STJ	16	17 HER	18 SPR
	19 ALB	20	21	22	23	24 WOR	25 BRI
	26 CT	27	28	29			

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>MARCH</b>					1	2 ADK	3 WOR
	4 BRI	5	6	7	8	9 WBS	10 WOR
	11 POR	12	13	14	15	16 WOR	17
	18 SPR	19	20	21	22	23 MCH	24 CT
	25 POR	26	27	28	29	30 ALB	31 SPR

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>APRIL</b>		1	2	3	4	5	6 WOR
	7 BRI	8 CT	9	10	11	12	13 BRI
	14 ALB	15 POR	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30				

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# The Pipeline



# 2008-09

NAME	GP (BOS)
Bitz, Byron	35
Boychuk, Johnny	1
Hunwick, Matt	53
Karsums, Martins	6
Lashoff, Matt	16
Lehtonen, Mikko	1
Rask, Tuukka	1
Sobotka, Vladimir	25
St. Pierre, Martin	14
9 Total Players	
152 games	

# 2009-10

NAME	GP (BOS)
Bodnarchuk, Andrew	5
Boychuk, Johnny	51
Hamill, Zach	1
Larman, Drew	4
Lefebvre, Guillaume	1
Lehtonen, Mikko	1
Marchand, Brad	20
McQuaid, Adam	19
Penner, Jeff	2
Sobotka, Vladimir	61
Whitfield, Trent	16
Wozniowski, Andy	2
12 Total Players	
183 games	

# 2010-11

NAME	GP (BOS)
Arniel, Jamie	1
Bartkowski, Matt	6
Caron, Jordan	23
Hamill, Zach	3
Kampfer, Steven	38
5 Total Players	
71 games	

# 2011-12\*

NAME	GP (BOS)
Bartkowski, Matt	3
Camper, Carter	3
Caron, Jordan	27
Hamill, Zach	16
Hennessy, Josh	3
Kampfer, Steven	10
6 Total Players	
62 games	

\*Numbers as of 2/27/12

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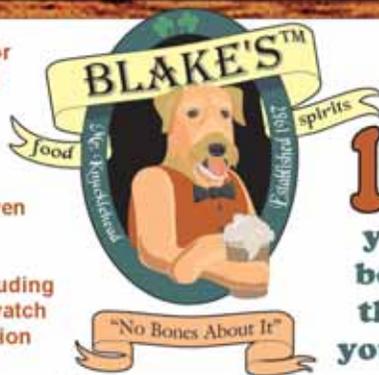


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-Andrew Bodnarchuk



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*Once again in 2011-12, there are 30 teams competing for the historic Calder Cup championship and all 30 National Hockey League clubs are developing their top prospects and draft picks in the AHL. Last season more than 200 first- and second-round NHL draft picks competed in the American Hockey League, and 338 players took the ice in both the AHL and the NHL.*

*This season brings a new look to the AHL landscape as we welcome the city of St. John's, Newfoundland, back to the league, with the St. John's IceCaps set to take the ice at Mile One Centre for their inaugural campaign as the top affiliate of the NHL's Winnipeg Jets.*

*We continue to be proud of our tradition of developing the best hockey talent in the world, with over 87 percent of today's NHL players, coaches and officials having honed their skills in the American Hockey League, including reigning Vezina and Conn Smythe Trophy winner Tim Thomas and 2011 NHL MVP Corey Perry. Our loyal and passionate fans through the years have enjoyed cheering for more than 100 future Hockey Hall of Famers, and have rooted for more than 100 Calder Cup champions who would go on to have their names engraved on the Stanley Cup as well.*

*The Binghamton Senators enter this season as the defending Calder Cup champions after capturing the city's first-ever AHL title last June. This year's Senators are looking to hold off 29 other teams whose ultimate goal will also be the 2012 Calder Cup championship.*

*We invite fans from across the league to join us at the world-famous Boardwalk Hall in Atlantic City, N.J., on January 29 and 30 for our annual celebration of AHL excellence, the 2012 AHL All-Star Classic -- featuring the Skills Competition, All-Star Game and AHL Hall of Fame inductions.*

*On behalf of all of our teams, thank you again for your continuing support and I wish you the utmost enjoyment in following your club through what is sure to be another terrific season.*

David A. Andrews  
President & Chief Executive Officer  
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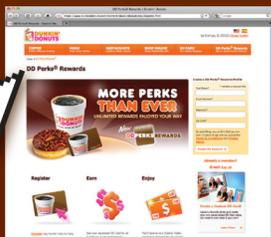


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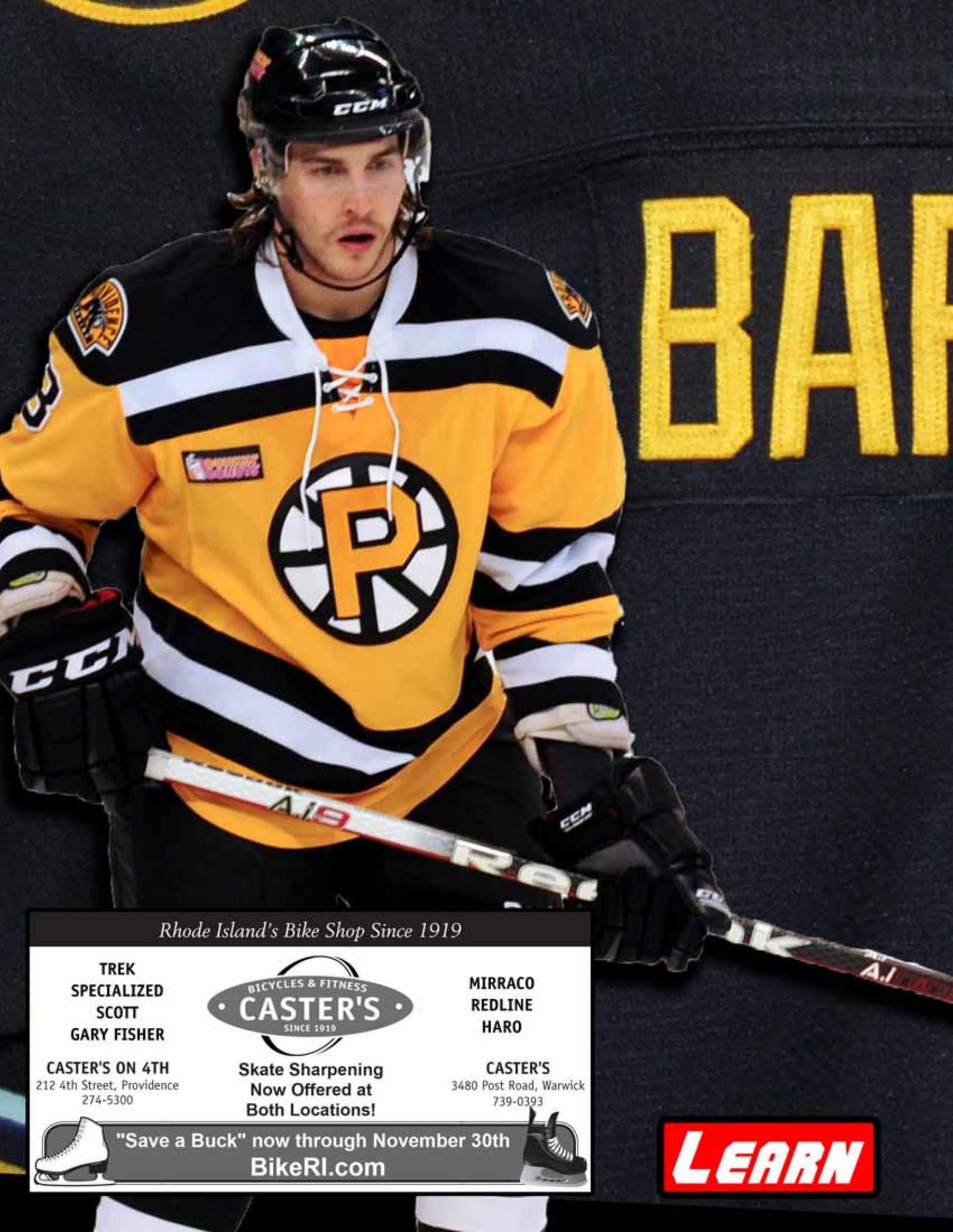
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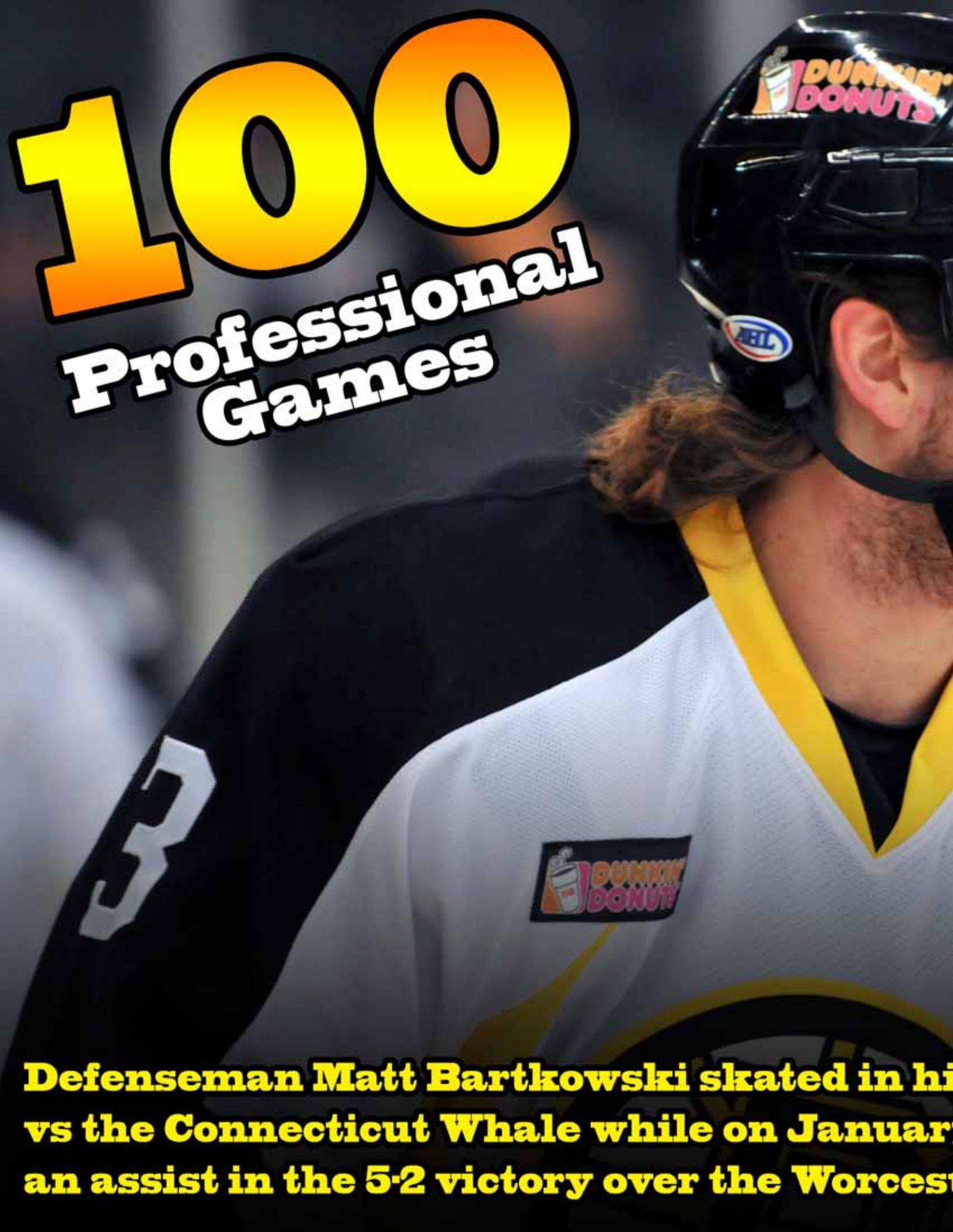


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**y 7 he celebrated his 100<sup>th</sup> AHL Game with**  
**ter Sharks. [Click Here to Listen to Matt](#)**



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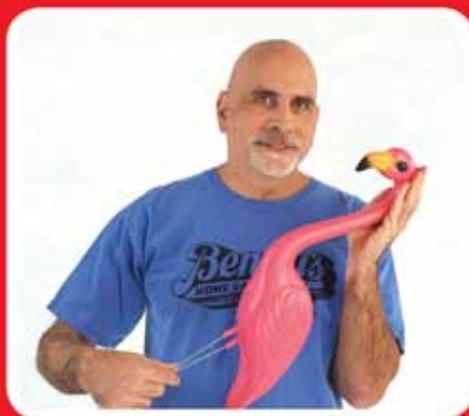
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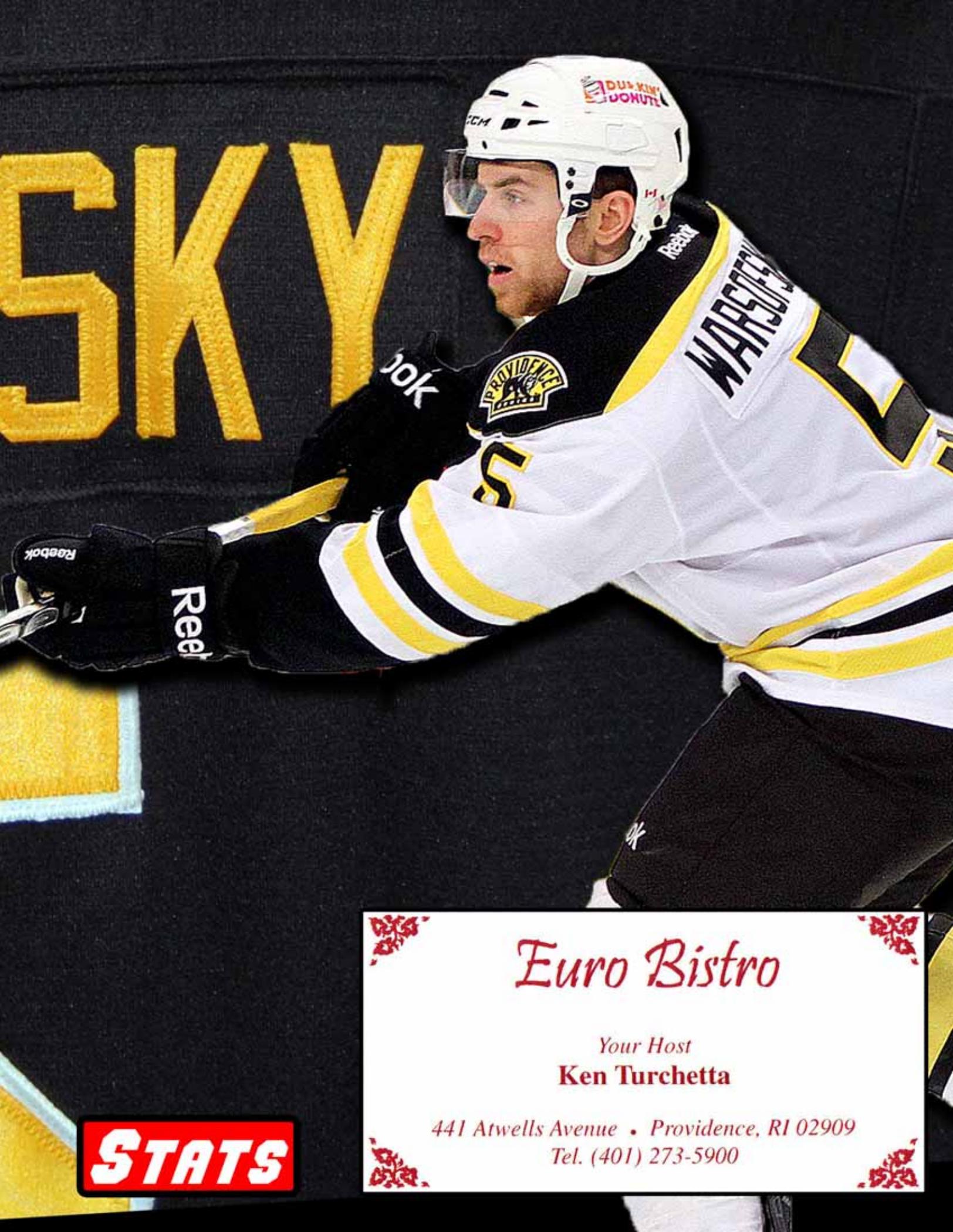
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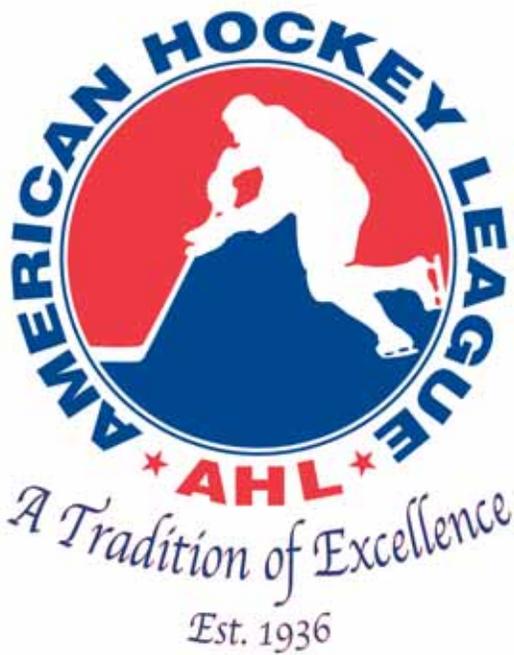
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-David Warsofsky



## the HISTORY

**T**he **American Hockey League** is enjoying its 76th season of play in 2011-12, continuing a tradition of excellence that began in 1936 when the Canadian-American Hockey League merged with the International Hockey League to form what is today known as the AHL. Eight teams hit the ice that first season, playing in Buffalo, Cleveland, New Haven, Philadelphia, Pittsburgh, Providence, Springfield and Syracuse.

**Frank Calder**, the National Hockey League's president at the time, was instrumental in the forming of the new league, and his name would be given to its championship trophy. The first Calder Cup was won by the Syracuse Stars; the 75th championship was captured by the Binghamton Senators last spring.

## the LEGENDS

**O**ver the past three-quarters of a century, the American Hockey League has been home to some of the greatest players in the history of our sport. In fact, more than 100 honored members of the Hockey Hall of Fame have been affiliated with the AHL during their careers. All-time greats like **George Armstrong, Toe Blake, Gump Worsley, Terry Sawchuk, Glenn Hall, Brad Park, Ken Dryden** and **Brett Hull** came through the AHL ranks and now find themselves enshrined in Toronto, and the coveted Calder Cup trophy is inscribed with the names of legendary AHL alumni like **Patrick Roy, Larry Robinson, Gerry Cheevers, Andy Bathgate, Tim Horton, Al Arbour, Emile Francis, Doug Harvey** and **Billy Smith**.

**T**he American Hockey League has created its own legends as well, and in 2006 began honoring them with the formation of the **AHL Hall of Fame**. The sixth class of inductees, recognized in 2011, included **Mitch Lamoureux, Harry Pridhirny, Maurice Podoloff** and **Larry Wilson**. They join the likes of **Johnny Bower, Fred Glover, Jody Gage, Willie Marshall, Frank Mathers, Eddie Shore, Bruce Boudreau, Tim Tookey** and others as distinguished members of the American Hockey League Hall of Fame.



**Terry Sawchuk**

*Honored Member, Hockey Hall of Fame  
1949 AHL Rookie of the Year  
1950 Calder Cup Champion*

**I**n today's National Hockey League, more than 87 percent of the players are AHL alumni, including 2011 Hart Trophy recipient **Corey Perry** and two-time Lady Byng Award winner **Martin St. Louis**. Three members of the 2010 AHL All-Rookie Team -- **John Carlson, P.K. Subban** and **Logan Couture** -- duplicated the feat in the NHL in 2010-11, and former Calder Cup finalists **Shea Weber** and **Pekka Rinne** were among the members of the NHL's postseason First and Second All-Star Teams.

The 2011 Stanley Cup champion Boston Bruins were stocked with AHL graduates as well, among them **Zdeno Chara, David Krejci, Patrice Bergeron, Brad Marchand** and Vezina Trophy and Conn Smythe Trophy winner **Tim Thomas**.



**Pekka Rinne**

*2011 Second Team NHL All-Star  
2006, 2008 AHL All-Star*

the  
**PLAYERS**

**D**uring the 2010-11 season, more than 850 AHL alumni played in the National Hockey League, including 320 who skated in both leagues last year alone. Buffalo's **Thomas Vanek**, Ottawa's **Jason Spezza** and Philadelphia's **Claude Giroux** were among the 16 AHL graduates who led their NHL teams in scoring, and former AHL All-Stars **Jimmy Howard**, **Jaroslav Halak** and **Miikka Kiprusoff** were among the 27 AHL goaltending alumni who paced their NHL clubs in victories. More than 200 former first- and second-round draft picks developed their skills in the AHL last season, including breakout rookies like **Luke Adam**, **Zac Dalpe**, **Kyle Palmieri**, **Nazem Kadri** and 2011 Calder Cup Playoffs MVP **Robin Lehner**.



Former AHL goaltender **Tim Thomas** won the Vezina and Conn Smythe trophies with the Stanley Cup champion Boston Bruins in 2010-11.

the  
**COACHES**

**A**t the start of the 2011-12 season, the NHL featured 23 head coaches who were former AHL bench bosses, including the last seven Stanley Cup champions in **Claude Julien** (Boston, 2011), **Joel Quenneville** (Chicago, 2010), **Dan Bylsma** (Pittsburgh, 2009), **Mike Babcock** (Detroit, 2008), **Randy Carlyle** (Anaheim, 2007), **Peter Laviolette** (Carolina, 2006) and **John Tortorella** (Tampa Bay, 2004). New head coaches in the NHL this season include Florida's **Kevin Dineen**, Dallas's **Glen Gulutzan**, Minnesota's **Mike Yeo** and Winnipeg's **Claude Noel**, all promoted from the AHL during the offseason.

*"The American Hockey League has been essential in developing my potential both as a player and as a coach. Being able to hone my skills and improve at a high level of competition was key to reaching my goals of playing in the NHL, becoming a head coach and winning the Stanley Cup."*

*-- Dan Bylsma, Head Coach, Pittsburgh Penguins  
2011 Jack Adams Award Winner, 2010 Stanley Cup Champion*



The Hershey Bears increased their attendance at Giant Center for the seventh year in a row while leading the AHL for the fifth consecutive season.

the  
**FANS**

**T**he 2010-11 season saw more than 6 million fans attend AHL games for the 10th year in a row; since 2001, AHL games have been played before more than 65 million fans in arenas across North America. The Hershey Bears paced the league by averaging 9,800 fans per game last year, and on Feb. 19 the Connecticut Whale drew 21,673 fans to a celebration of hockey at Rentschler Field in East Hartford, Conn., that included the second outdoor game in AHL history.

the  
**STARS**

**T**he AHL All-Star Classic showcases the league's top talent each year in an All-Star Skills Competition and All-Star Game. The **2012 AHL All-Star Classic** will be held at historic Boardwalk Hall in **Atlantic City, N.J.**, on January 29-30, featuring the Eastern Conference All-Stars battling the Western Conference All-Stars in an event to be televised live across the U.S. and Canada.

Of the 562 players to take part in the AHL All-Star Classic since 1995, more than 93 percent have competed in the National Hockey League, including **Brad Boyes**, **Dan Boyle**, **Daniel Briere**, **Brian Campbell**, **Chris Kunitz**, **Ryan Miller**, **Zach Parise**, **Bobby Ryan**, **Jason Spezza**, **Eric Staal** and **Tomas Vokoun**.



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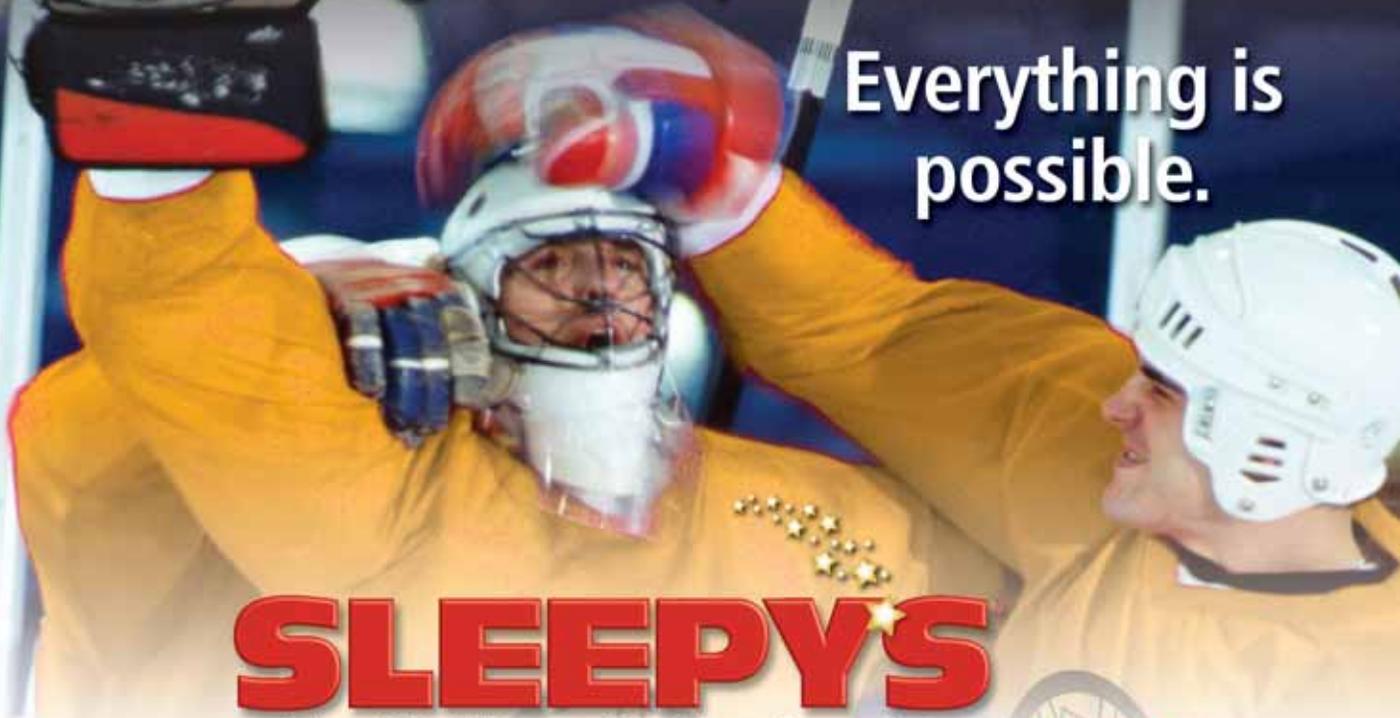
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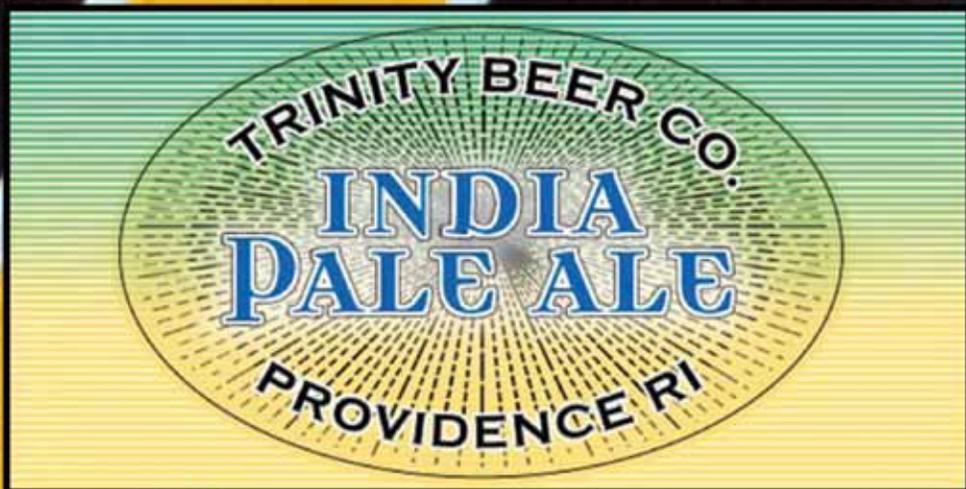
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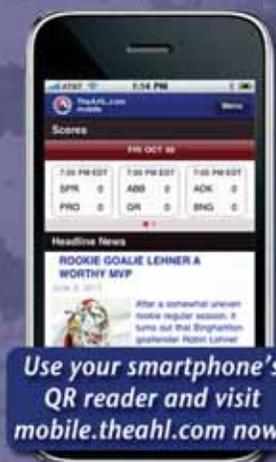


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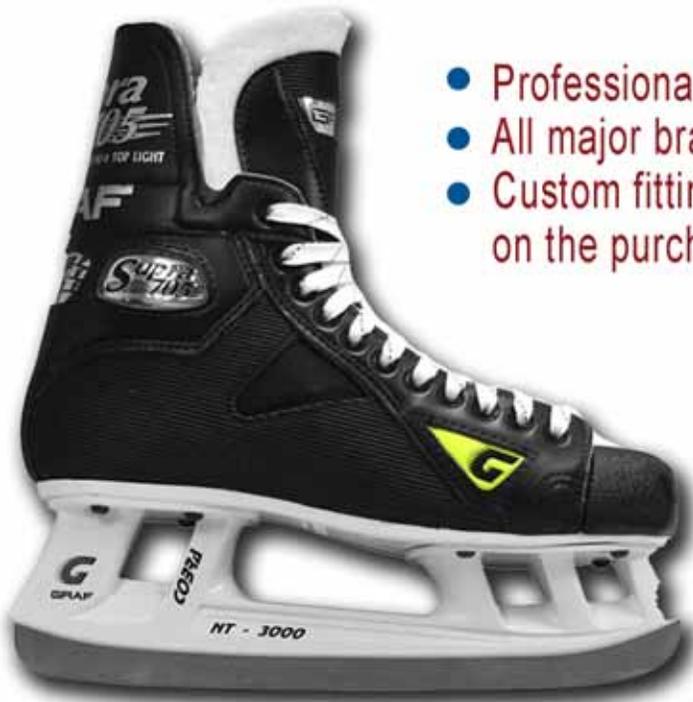
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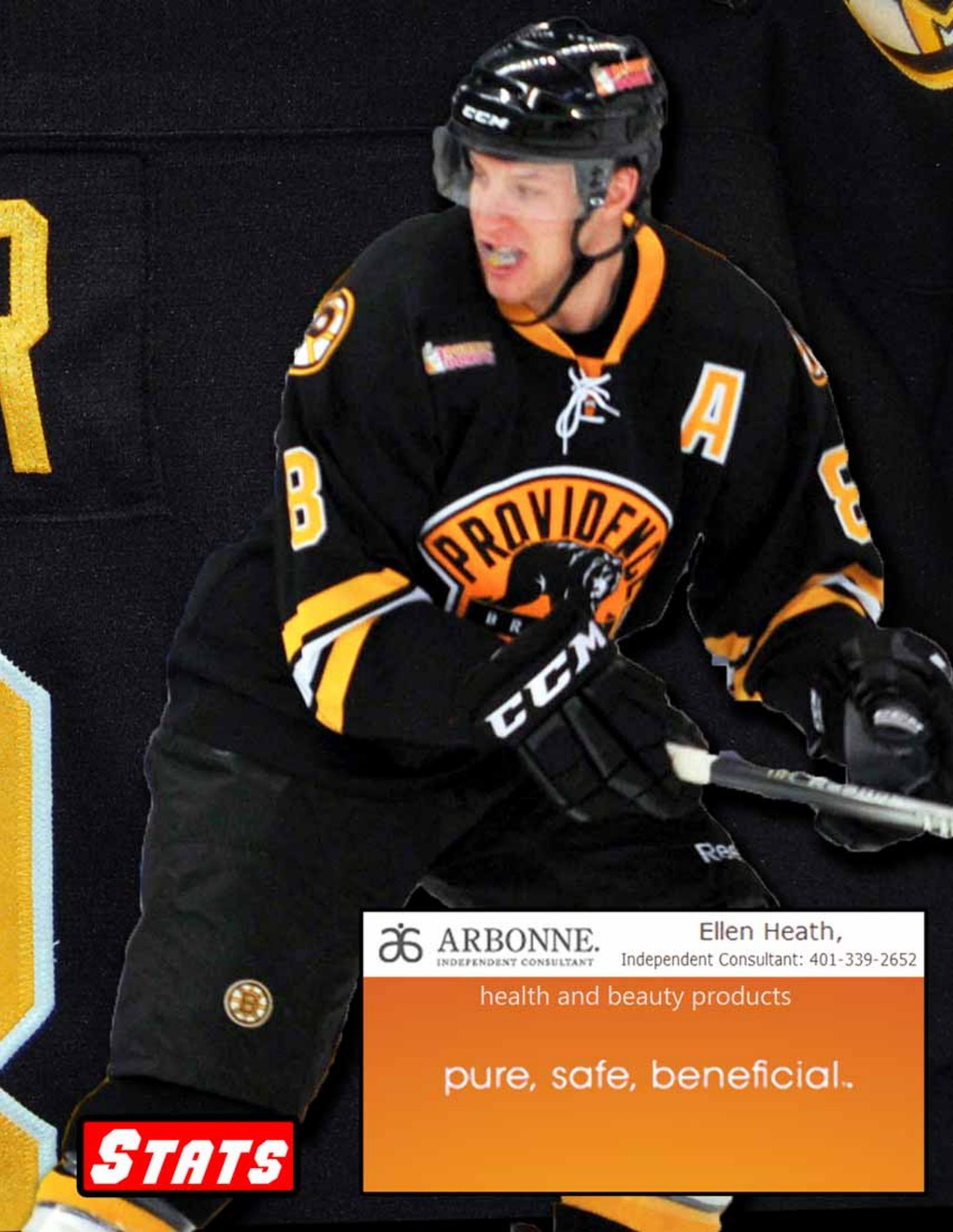


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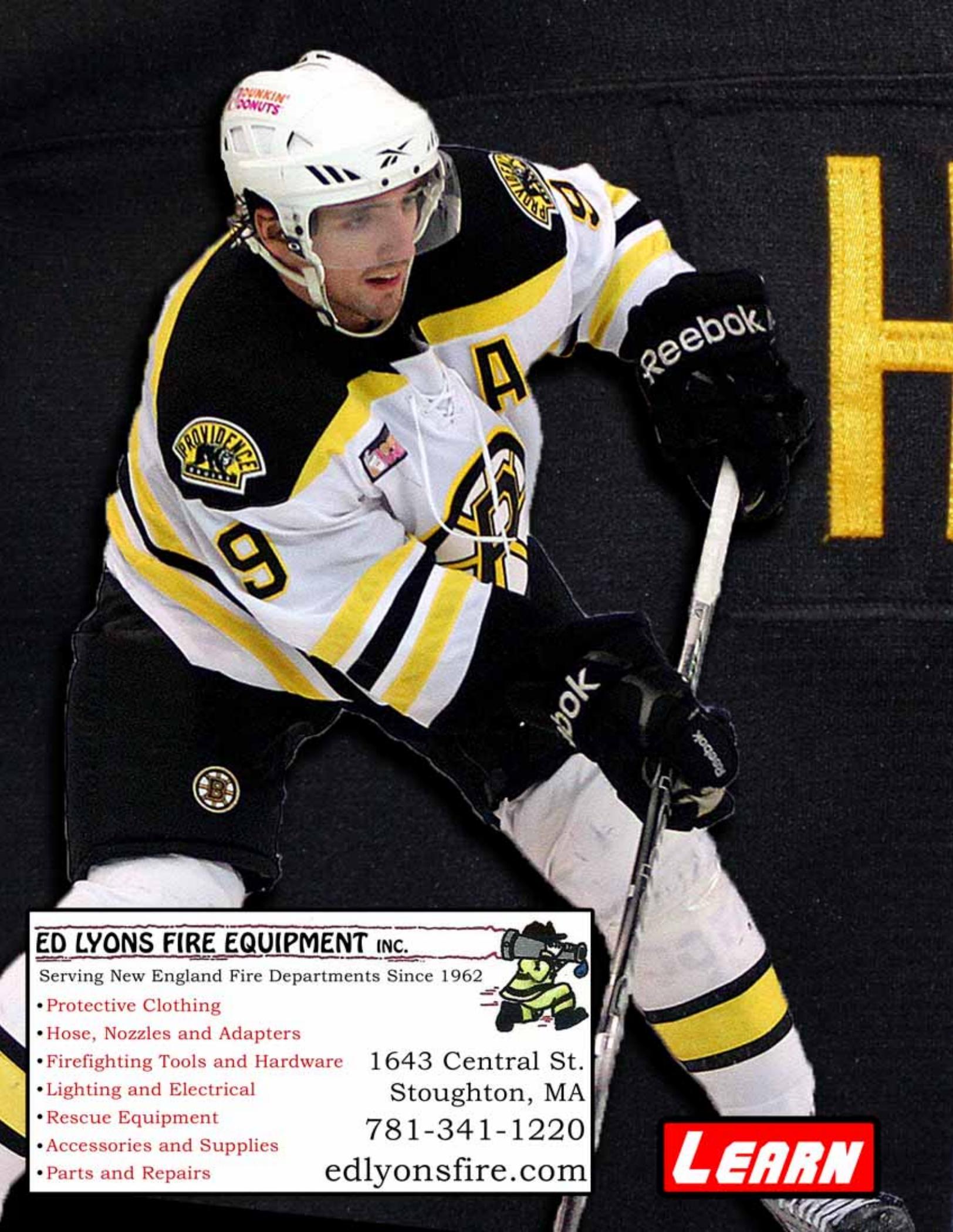
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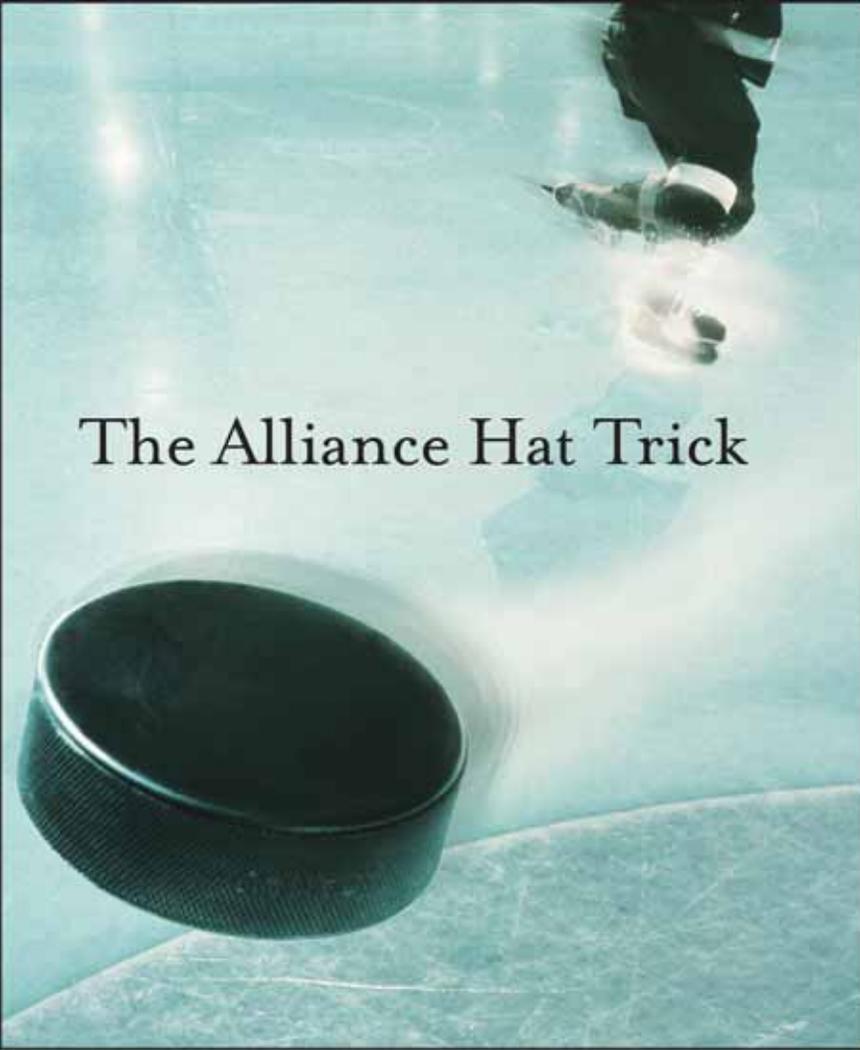
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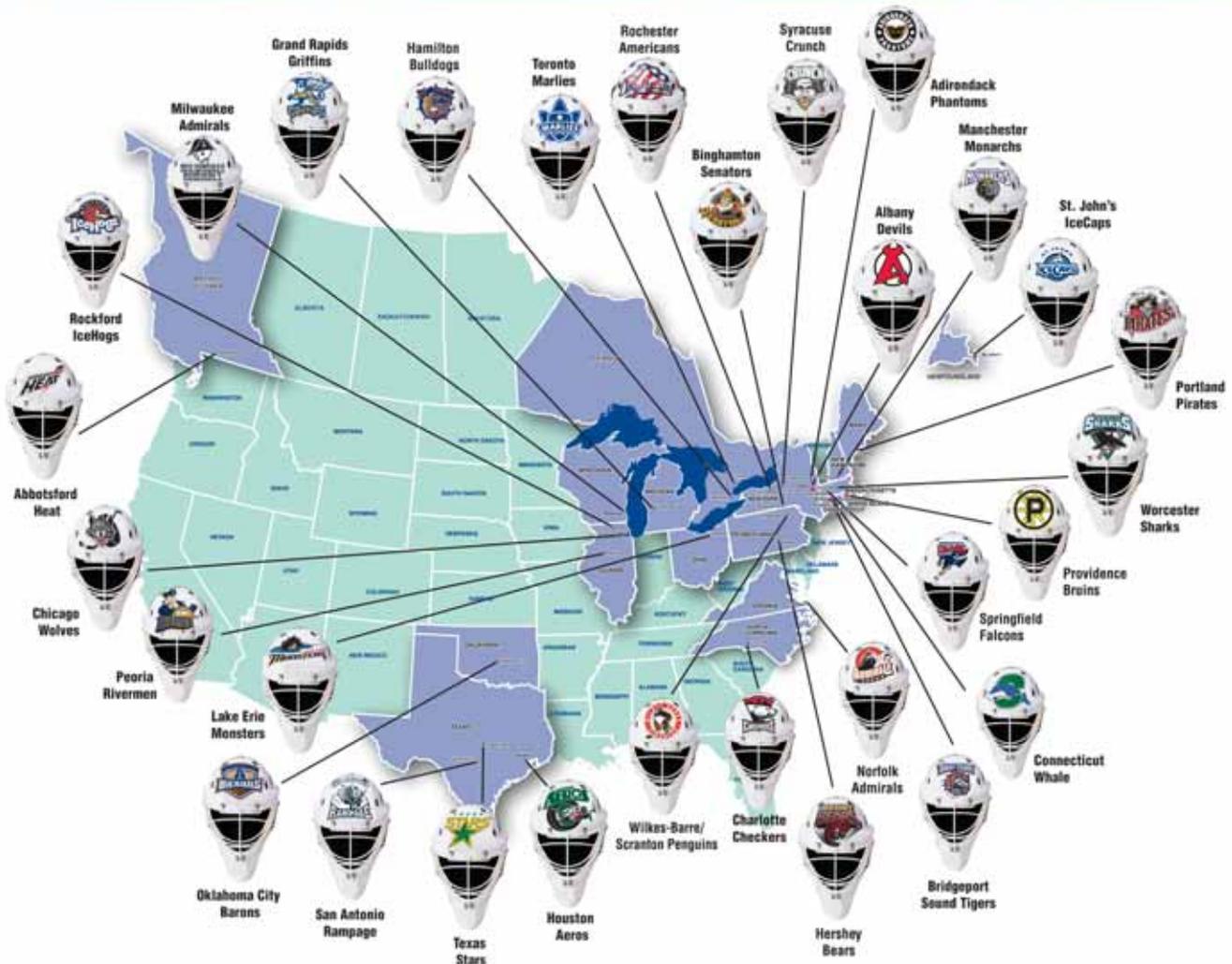


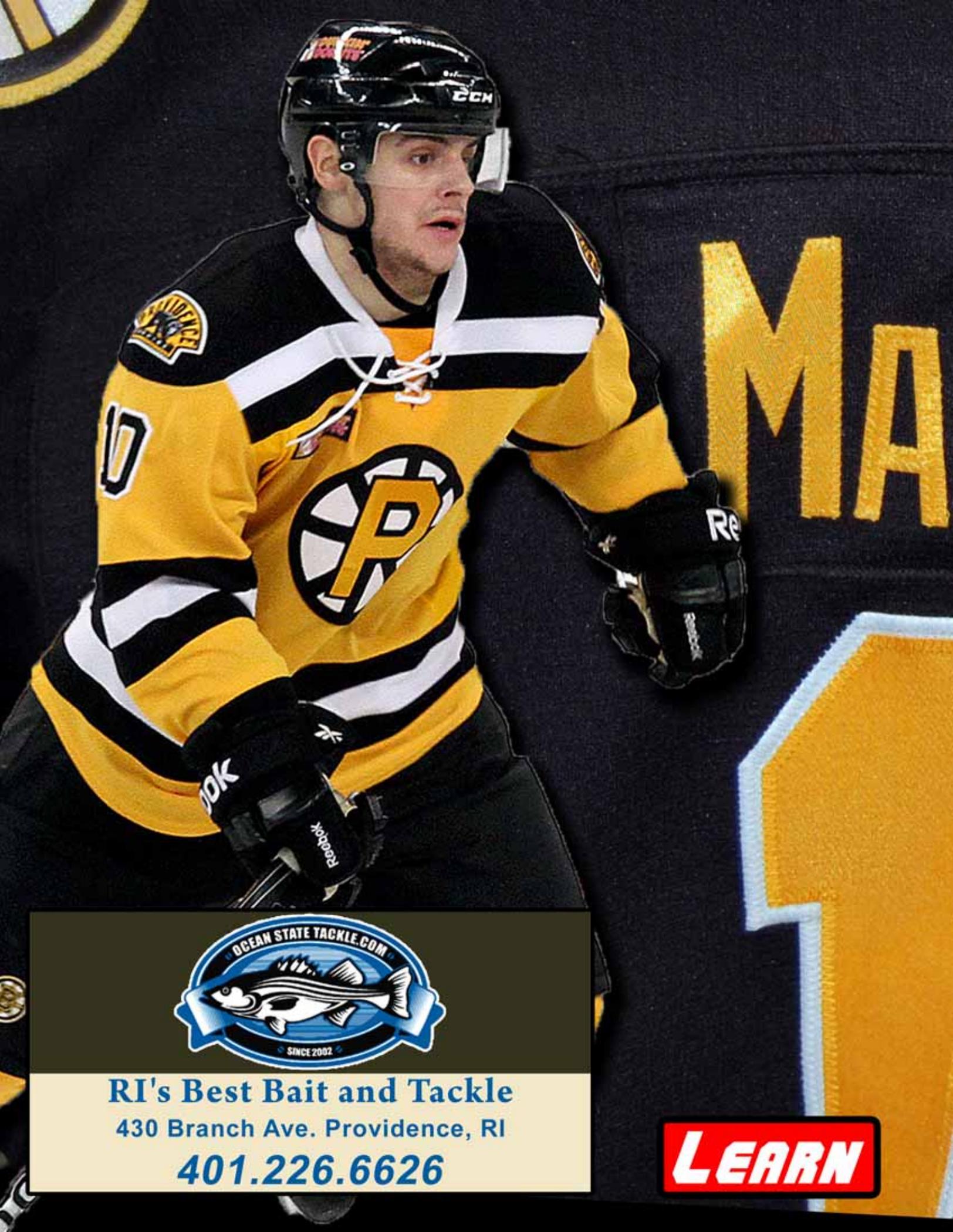
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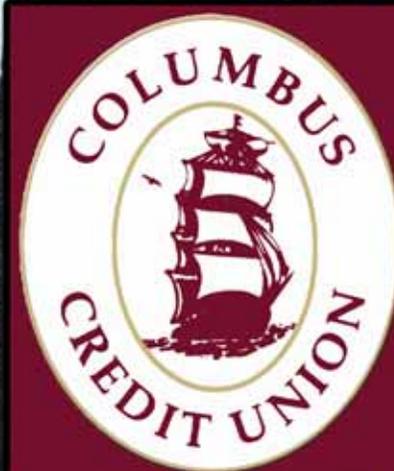




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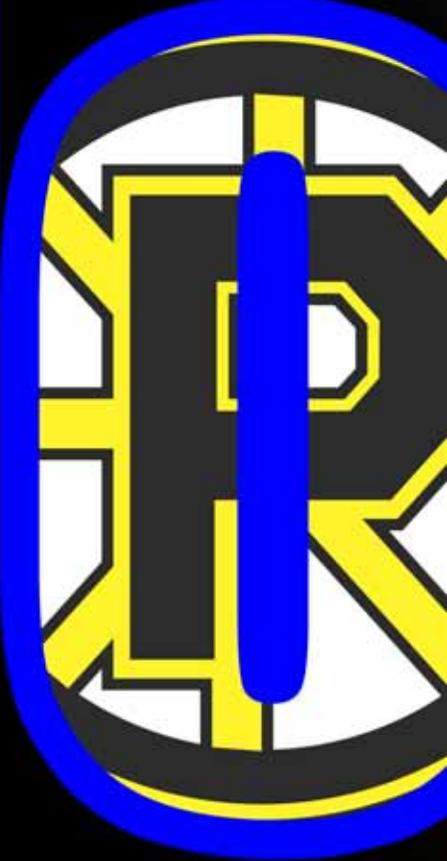


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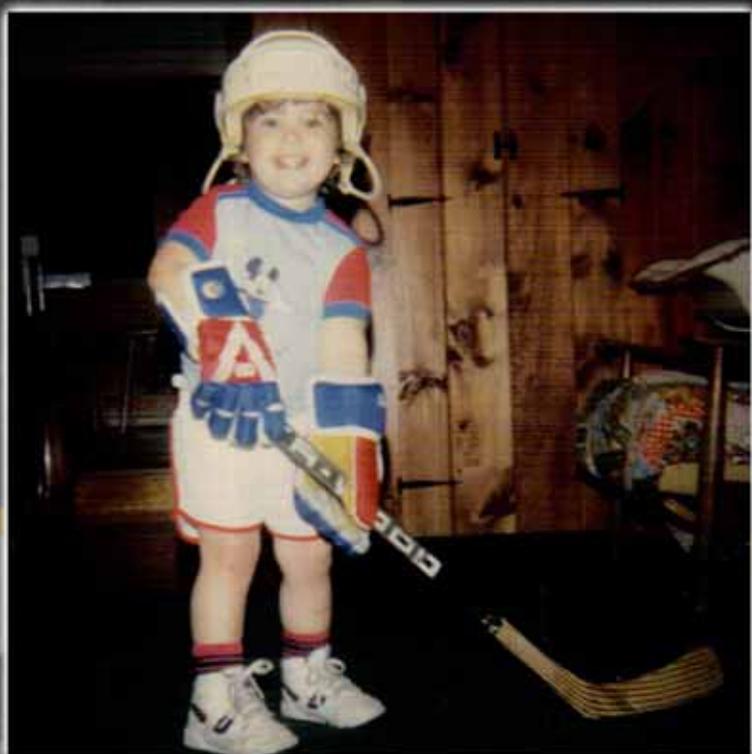


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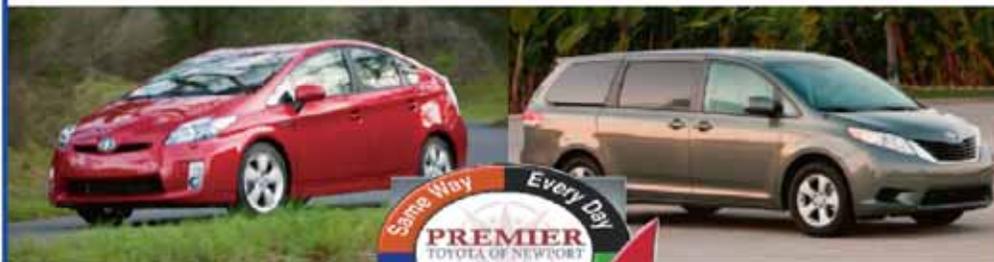
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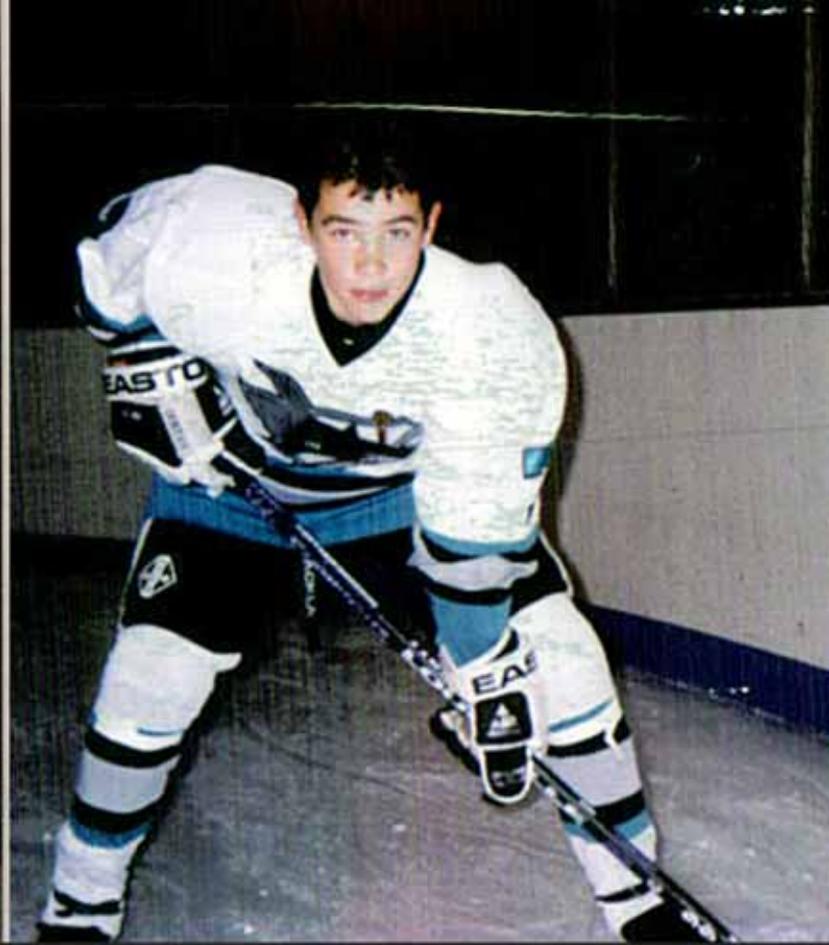
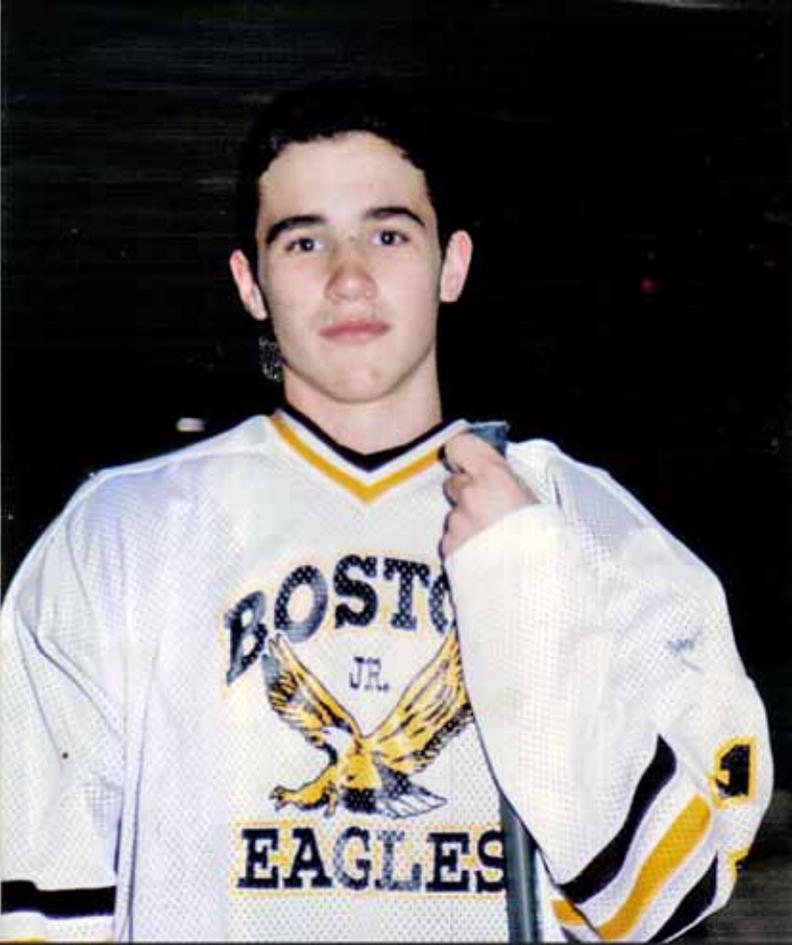
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That's the reality Providence Bruins forward Josh Hennessy lived this summer and still has to wait for a one-year contract with his hometown Boston Bruins on July 5, 2012, less than a month after he was drafted in 39 years.

Hennessy's hockey career has taken quite a circuitous path to bring him full circle, back to his prep school Milton Academy, Hennessy left the close confines of his home state and traveled to the 2001 Québec Major Junior Hockey League draft, Hennessy spent four seasons with the Bruins and two for two seasons.

During an injury shortened junior season with Québec, the next chapter of Hennessy's career was written by the San Jose Sharks. Largely considered the best draft class in recent history, Hennessy was drafted alongside Patrice Bergeron, Mike Richards and Zach Parise, to name a few.

"There were some great players. I got drafted by a great organization and have some great memories from being part of the historical draft class.

Pegged by analysts as one of the most talented draft classes since the 1979 NHL Entry Draft, Fleury, Staal, Horton all saw significant playing time in the NHL immediately after being drafted.



Hennessy has to pinch himself over today. The Brockton, Massachusetts native signed a contract with the Bruins after he watched the black and gold hoist the coveted Lord Stanley for the first time

back to where he first laced up the skates. After spending a year at the Massachusetts hockey school, he took his talents north of the border. Drafted 17th overall by the Québec Remparts in the 2001 QMJHL Draft, Hennessy led the Remparts, during which he led the team in scoring and captained the squad

as his NHL hockey career was written. He was drafted 43rd overall in the 2003 NHL Entry Draft. Hennessy was drafted among the likes of Marc-Andre Fleury, Eric Staal, Nathan Horton,

and others. "I have very fond memories of that day and being part of that group," Hennessy reflected on

the 2003 NHL Entry Draft, every player selected in the first round has played in an NHL game and Hennessy was the only one drafted.



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He started his pro career with San Jose's farm team, the Cleveland Barons in 2005-06. In his first season, Hennessy made an immediate impact, leading the Barons in goals and assists. Despite his success, Hennessy remained true to his humble roots, crediting much of his success to his teammates. "It really made me look a little bit better than I was my first year. I was playing a lot with Ryan C. O'Reilly and Mike Eggleton, who I think is leading the SEL in scoring right now, so I played with some really good players."

To this day, the forward still holds the franchise records for both goals and points in a season.

Following the end of his rookie season, Hennessy, along with Tom Preissing, was traded to the Ottawa Senators in a three-way deal. The trade saw Hennessy pack his bags and move once again, this time to Ottawa.

He spent the majority of his sophomore season with the Senators' AHL affiliate, the Binghamton Senators, but he was still missing. His family was rarely seen in the stands and the player who always had people in the stands. However, the stands weren't empty on perhaps the greatest moment of Hennessy's hockey career.

During his second call up to Ottawa, Hennessy scored his first NHL goal on January 7, 2007. Hennessy was able to share the experience with his family. Hennessy's sister and her mother were in the stands for the game. Luckily the pair followed him to Ottawa because they were able to share the experience of his first NHL goal. "It was really cool that I had somebody there to share it with. I think for everyone involved, it really reflected Hennessy."



after concluding his junior career with 173 assists and 291 points. Just as he did in for 63 points in 80 games, earning him Barons Rookie of the Year honors. However, his success is due to his teammates. "I played with some really good players who probably helped me out a lot, who is obviously a great player in San Jose and I played with Steve Bernier, who is a really good player early in my career," said Hennessy.

season by a rookie.

traded by the Sharks, to the Ottawa Senators via the Chicago Blackhawks on July 9, 2006. He spent his time in Binghamton, New York.

Binghamton Senators. He continued to put up impressive numbers, but something was missing. When people waiting for him following a game, found himself alone in upstate New York. This was the end of his hockey career thus far.

2007 against the Philadelphia Flyers. Despite being nearly 500 miles from home, a friend had made the trip to Binghamton only for Josh to be called up to Ottawa before one of the most memorable moments in a hockey player's career, his first NHL goal. "Who gets that first NHL goal, it is obviously a moment that you'll never forget,"

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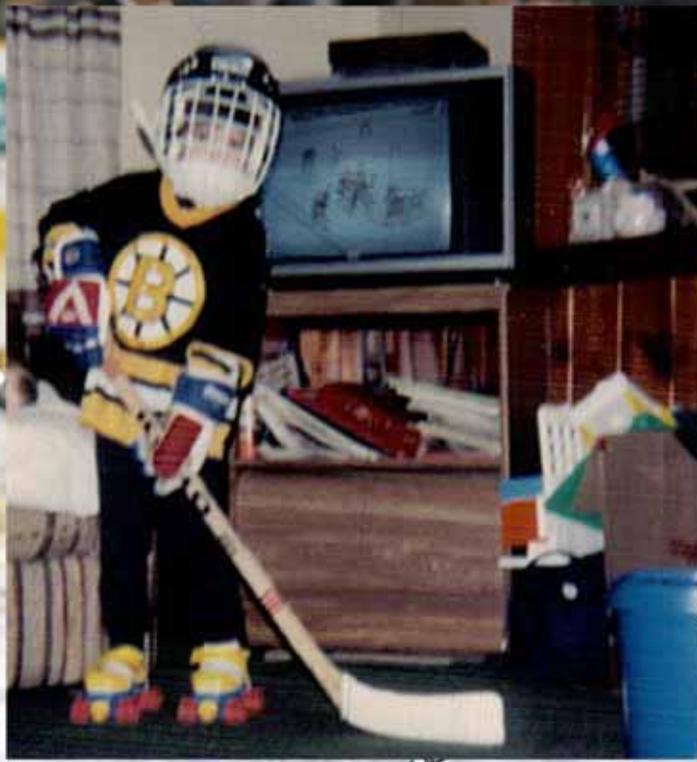
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After feeling his career had stalled in Ottawa, Hennessy left the Senators organization after four years and took the biggest leap, literally speaking, of his career, signing a one-year contract with the Swiss club HC Lugano. In an injury shortened season, Hennessy still managed to record 19 points, good enough for fourth on the club. Playing overseas was different than anything Hennessy had ever experienced. "I had my family over there and we had a great time, but I definitely missed the opportunity of getting called up and being in the mix and competing to get called up in the NHL," said Hennessy. "I think I still had some unfinished business and some gas in the tank to pursue that (the NHL)." He came to an easy realization: he was ready to come home.

Fast track to June and Hennessy followed the Boston Bruins' Stanley Cup run just as close as any other longtime fan who grew up watching the "Big Bad Bruins." "It was a no-brainer (signing with Boston). It is a dream come true to be part of the Bruins organization," said Hennessy. "I grew up a stone's throw away and I have always harbored some hope that at some point in my career I would be able to return home, so hopefully it lasts." And so do we.

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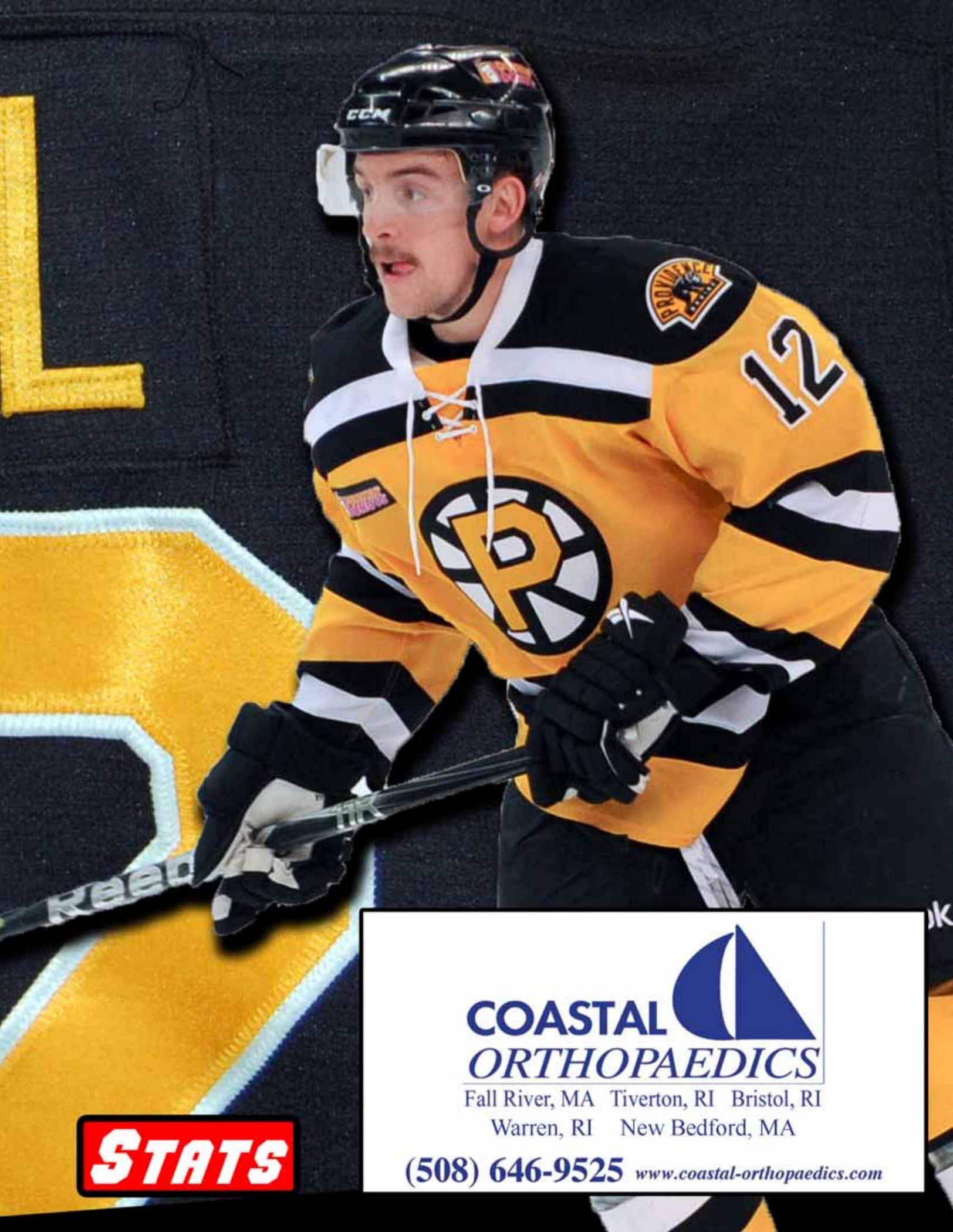
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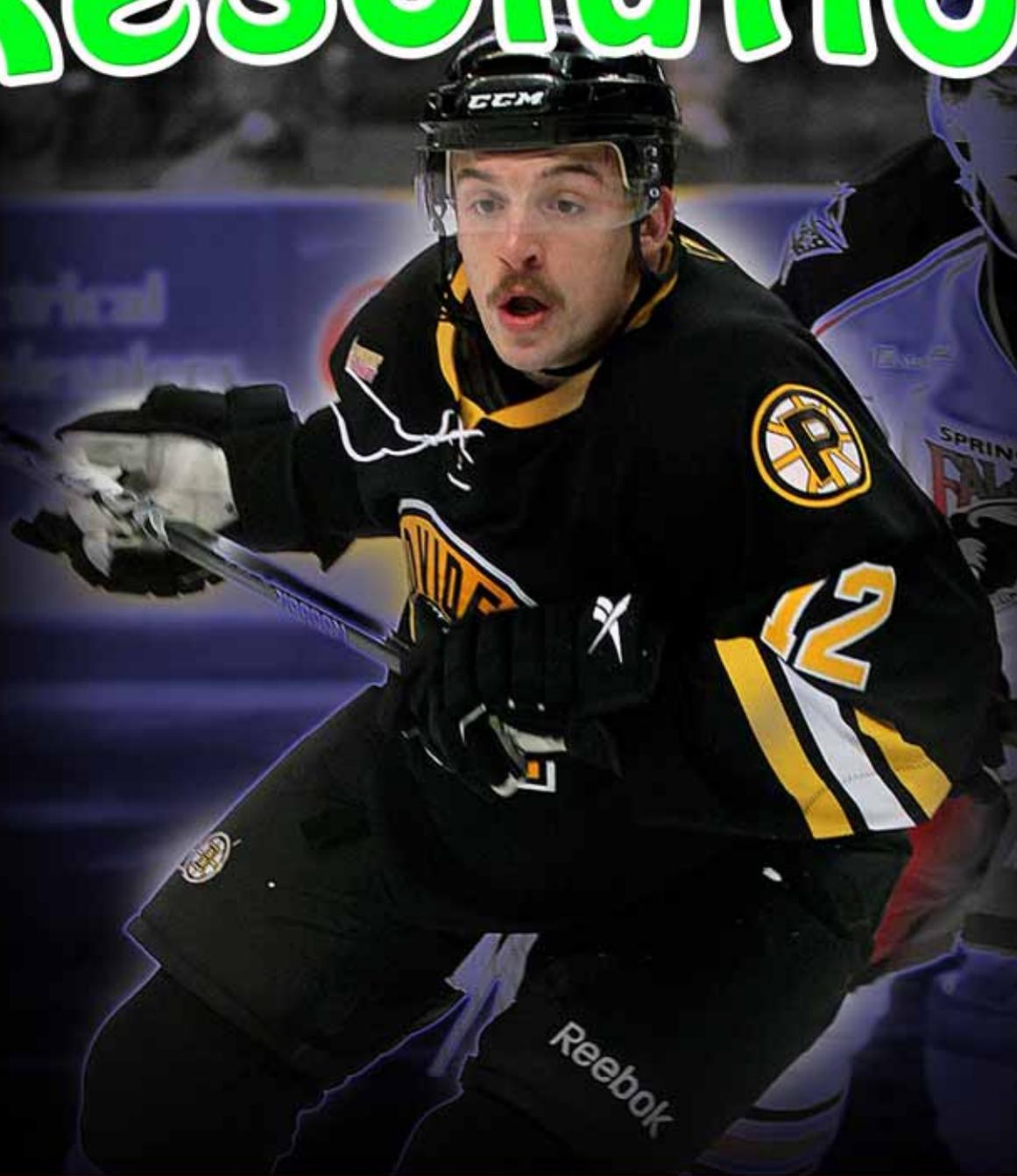
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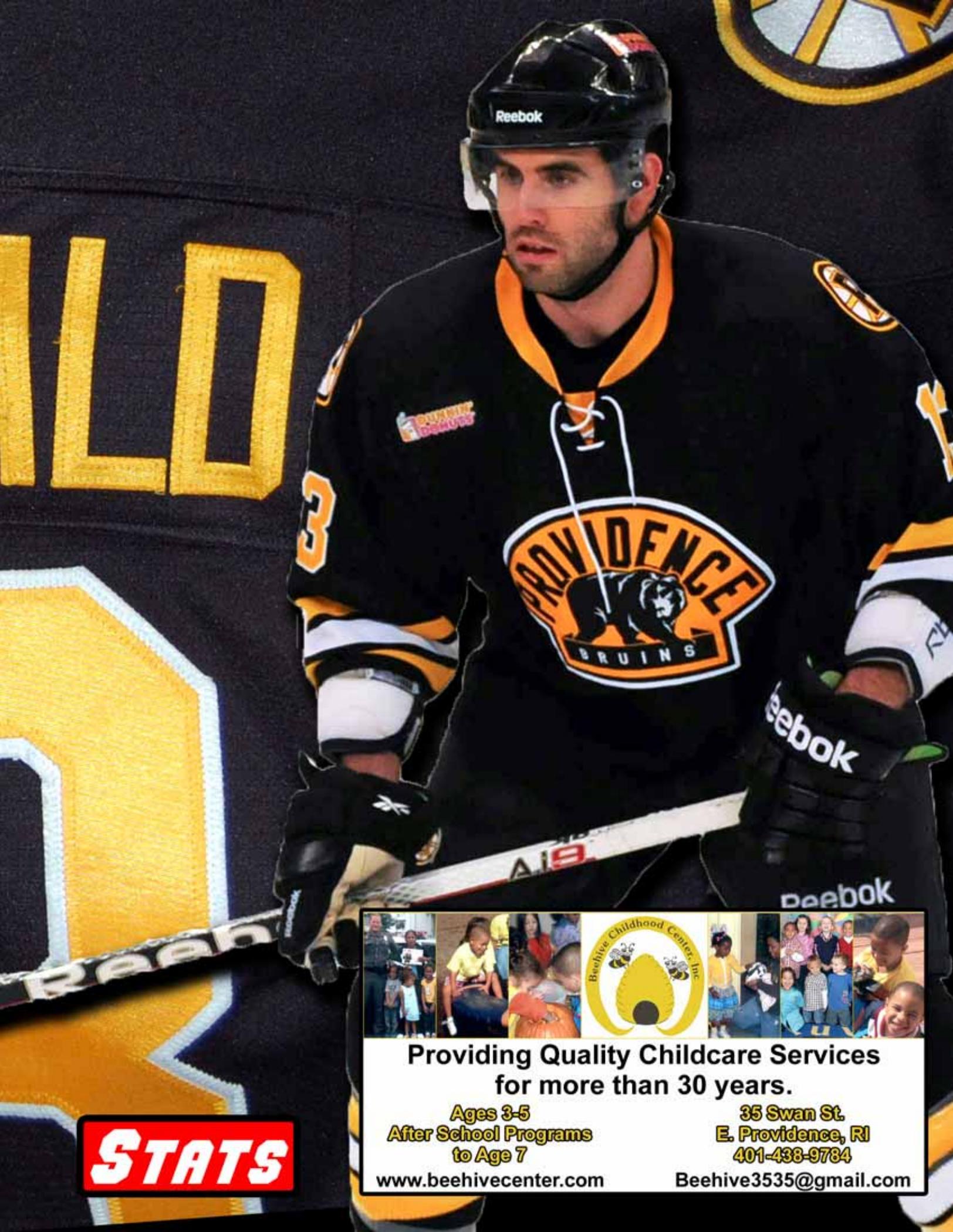
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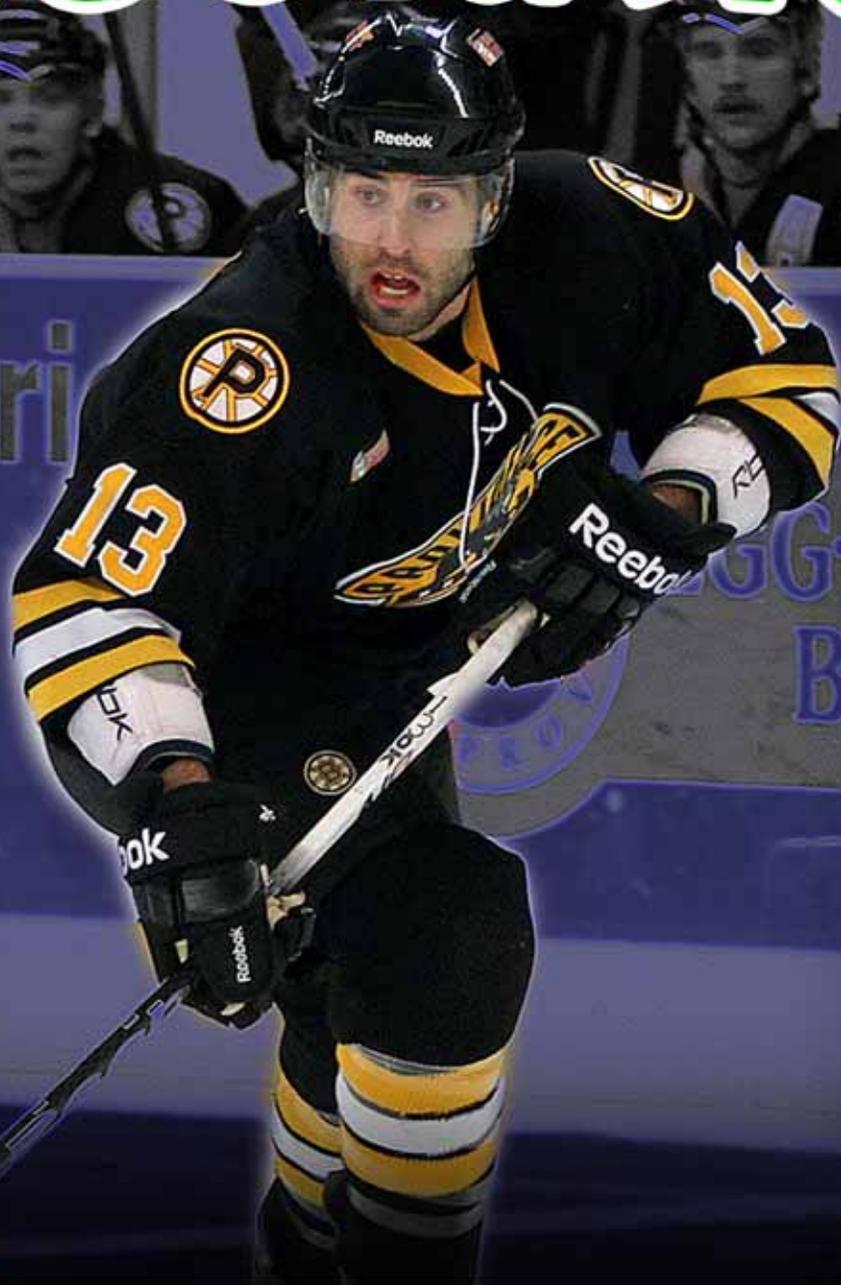


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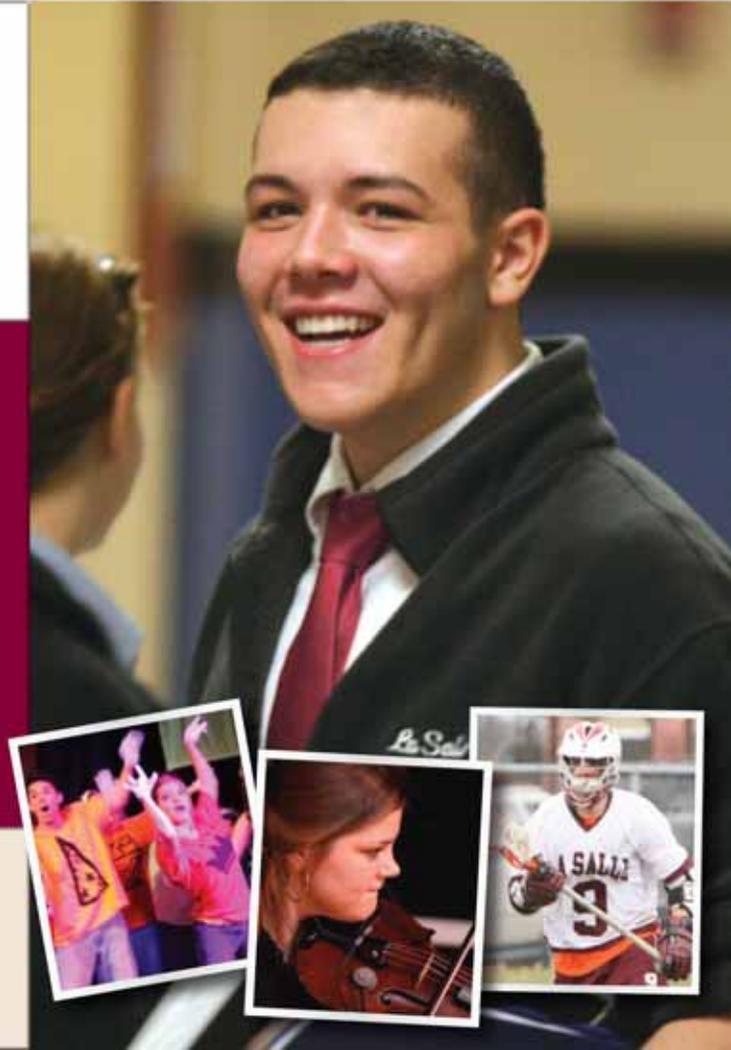
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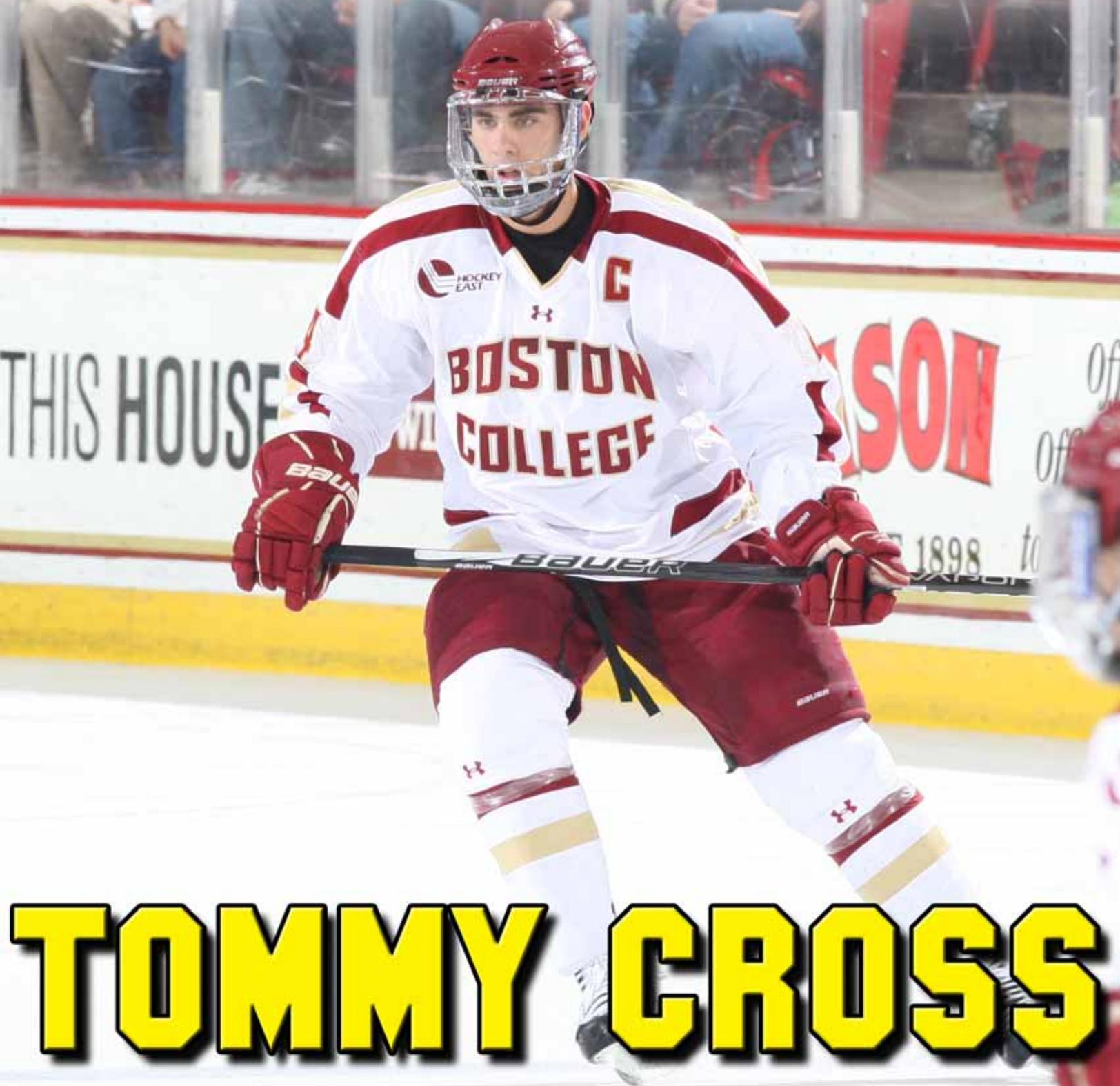
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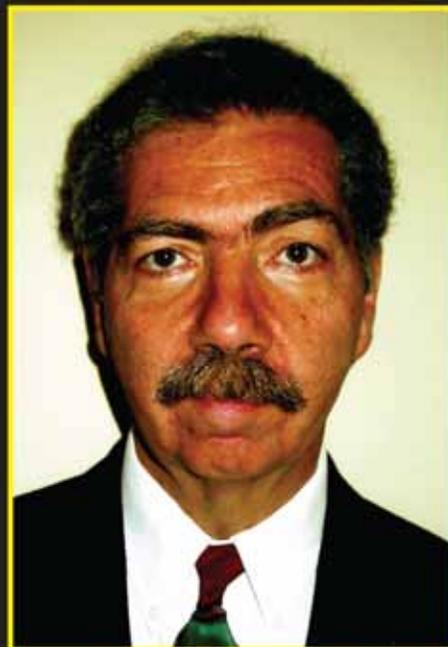
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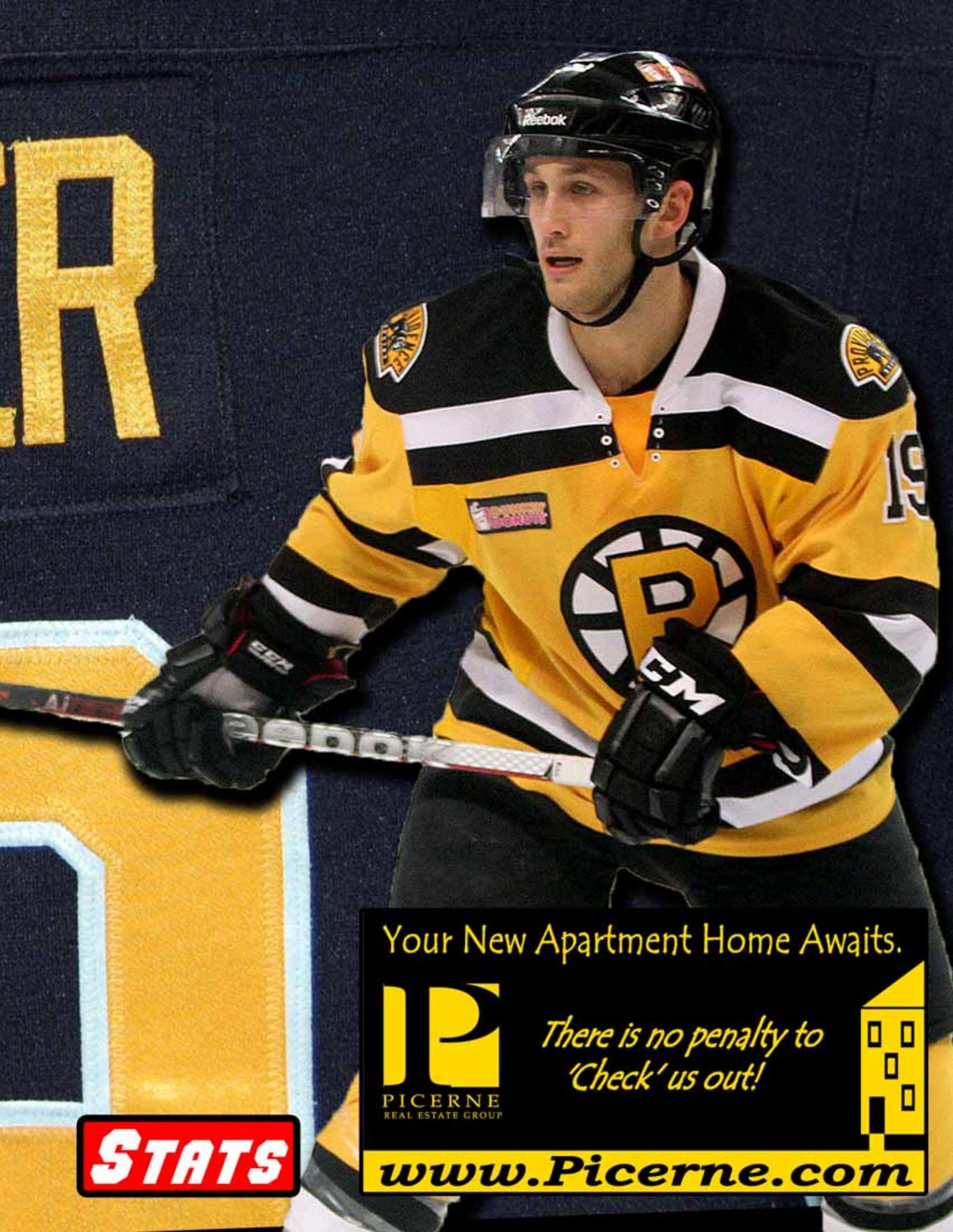
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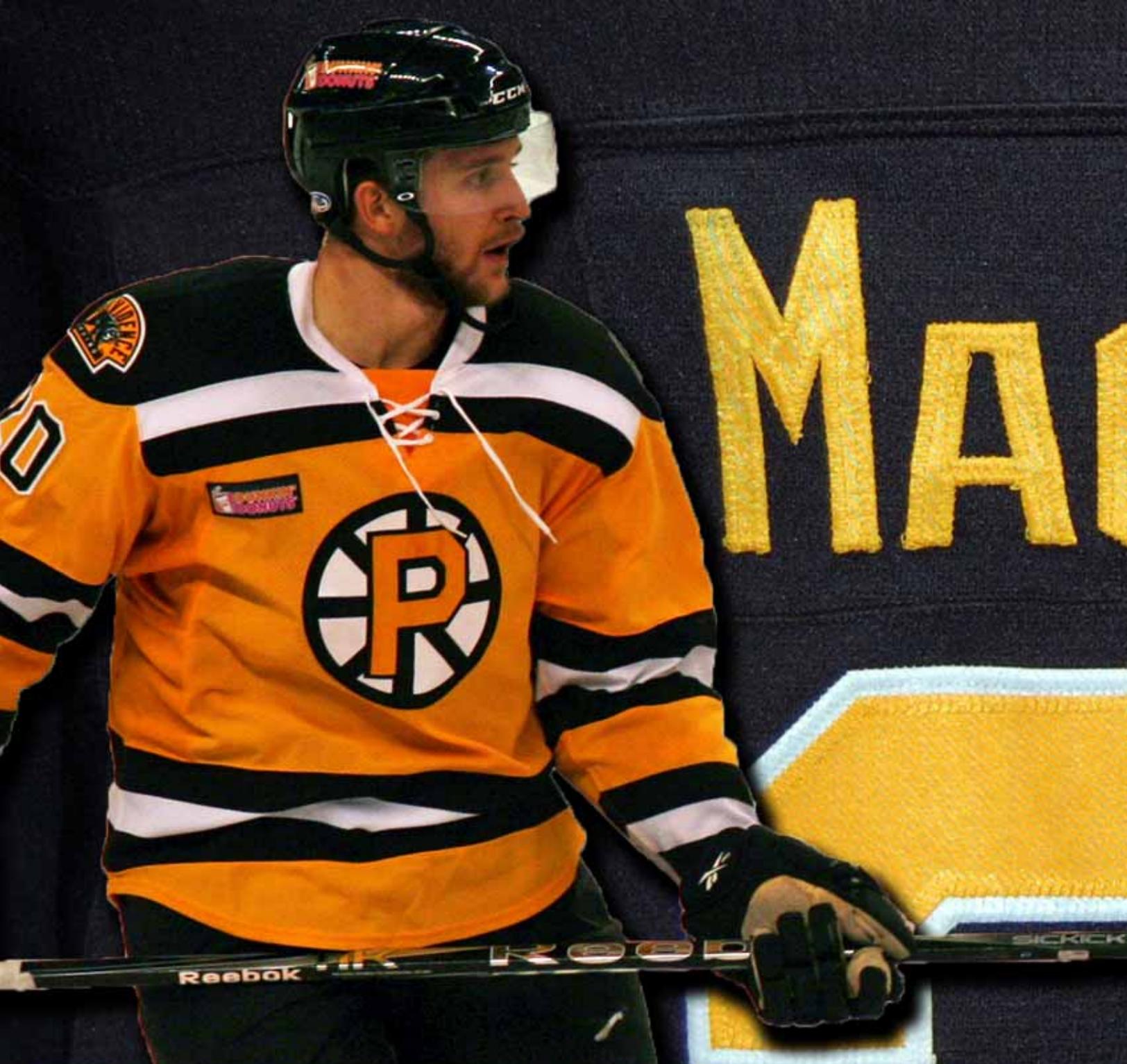
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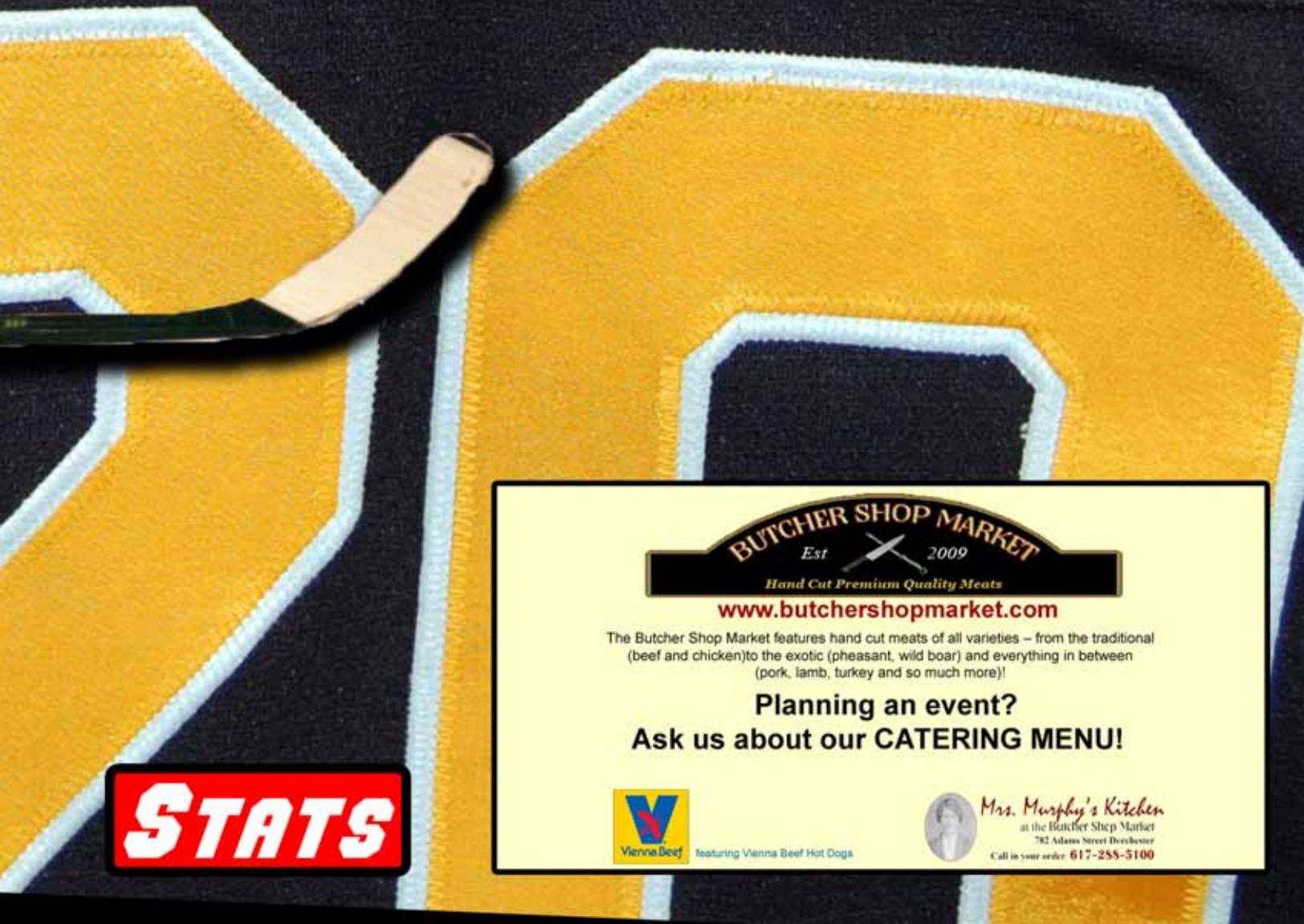
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It often begins with a cheap hit or just as an effort to up the tempo of the game. However, as two opponents square off, flick their gloves to the ice, remove their helmets and prepare for a fight. As in a well-choreographed dance, the players circle each other looking for the weak spot. One takes over their bodies as they swing, often blindly, at their opponent, trying to inflict damage. It's at least a message to him and the rest of his team. More often than not, one's fist makes contact with some area of their opponent's head; smacking their counterpart's nose, cheek or any other part of the head. Your sole job is to try to ward off a grown man, 200 pounds or more, wildly throwing punches while balancing on a piece of metal only 2.55 millimeters thick. Try doing this night in and night out over a 'three in three' – three games over three days; typical of life in the American Hockey League. Such is the life of the hockey enforcer.

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Everyone usually remembers their first. Their first pet. First boyfriend or girlfriend. First car. Most remember their first fight. "I was playing Junior A in Prince Edward Island. It was my first game and I got beat up pretty bad," McIver recalled. "I had no idea what I was doing." McIver was just getting started when he took his first swing of what would become a vital part of his livelihood.

While all players dream of one day playing professional hockey, not all will make it on skill alone. Instead, professional hockey has a unique side-entrance for those who aren't the goal scorers or playmakers. "I started fighting a little bit in my first year of junior," said MacDermid. "I'm not a go-

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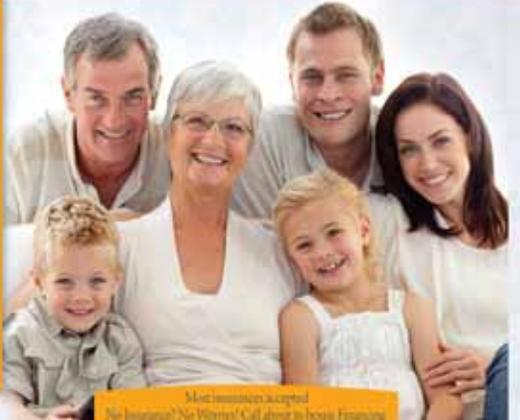
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I'm more of a grinder type guy  
it has kind of worked out that

As young as juniors, some pla  
they want to make it to profes  
that (enforcer) direction a little  
recalled. "He mentioned that i  
took it on my own and started

For MacDermid, it wasn't as n  
veteran of 121 goals, 152 ass  
2006, at 17 years old, MacDe  
left wing scored three goals a  
13 fighting majors. His second  
more fights. In December of y  
uncle and three others, to the  
and dropped the gloves 52 tim  
round four of the 2009 NHL E

Now in his third professional season, MacDermid has dropped the mitts 55 times and spent

Fighting was less of a family business for McIver. Instead he got the nod from one of his jun  
be something to elevate his game to the next level. "I started fighting a little bit, not a lot, bu  
year," McIver recalled of his early scraps. "If I was going to be successful and a professional  
was going to have to be tough, so it (fighting) became part of my game."

In seven professional seasons, McIver has racked up 835 penalty minutes and 117 fighting

The hockey enforcer has been thrown into the limelight as of late, something that doesn't of  
find themselves on the highlight reel for pretty plays. For many enforcers, it is a role that the  
they often take a back seat to the goal scorers, a role that they have become accustomed to

On May 13, 2011 Derek Boogaard, the 'Boogeyman', the NHL's most fearsome fighter was  
overdose in his Minneapolis apartment at just 28 years-old. Boogaard, who had long strugg  
prescription pain medication, had been shuffled in and out of treatment centers for years.

...so I thought it was a good part that I could add to my game to get me to the next level and  
...way.”

...ayers are tapped by coaches or even their own parents, that they will be enforcers and if  
...sional hockey, it is a role that is generally accepted. “The coach may have pushed me in  
...e. He didn’t tell me ‘you have to go fight’ but he kind of nudged me that way,” MacDermid  
...t would be a good part of my game and I kind of just accepted it. The next year I kind of  
...fighting a little bit more.”

...much of a shock as it might be for other young players. His father, Paul, is a 14-year NHL  
...ists, 273 points and 1,419 penalty minutes, including 47 fighting majors, in 733 games. In  
...rmid joined the Owen Sound Attack of the Ontario Hockey League. During his first year, the  
...nd added five assists in 61 games in addition to 117 minutes spent in the sin bin, including  
...d year brought more experience and more fights. 190 more penalty minutes, including 18  
...ear three, MacDermid was traded from Owen Sound, which is owned by Lane’s father, his  
...Windsor Spitfires. In a three season junior career, MacDermid tallied 542 penalty minutes  
...nes. He had found his niche and the Boston Bruins took notice, drafting him 112th overall in  
...ntry Draft.

...419 minutes in the sin bin.

...ior coaches that this may  
...t maybe five or ten times a  
...l hockey player, I knew I

...majors.

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...y are uncomfortable with –  
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In a career that spanned just nine seasons, including six in the NHL, Boogaard racked up 1,

Following Boogaard's death, his brain was donated for research at the Sports Legacy Institute. After waiting for the results, two other NHL enforcers, Rick Rypien and Wade Belak, died, reportedly from the stress placed on enforcers and the impact of brain trauma on the men who endure the sport. A recent autopsy of Boogaard's brain, it was found that he had chronic traumatic encephalopathy, which is a degenerative disease of the brain. Long associated with former NFL players and boxers, many athletes found to have had impaired memory.

The results have gotten the attention of the NHL's big brass and players throughout the league. "It's not just about what's happening. Concussions are serious injuries," reflected MacDermid. However, he noted that the issue is a touchy subject. If you take fighting out then there could be more and guys feel like they

However, despite the research and recent media attention brought to their role as enforcers



295 penalty minutes and 47 fighting majors.

te at Boston University Medical School. In the nearly five months that the Boogaard family  
lly of suicides. The three deaths stirred debate over the role of fighting in hockey, including  
ports' heaviest beatings night in and night out. Upon a lengthy examination of Boogaard's  
sease caused by blunt trauma to the head. CTE can only be found by examining the brains  
to have CTE experienced symptoms like drug abuse, impulse control problem and

ue, including McIver and MacDermid. "Obviously it is tragic to hear about stuff like that  
it is part of the game that millions of people watch each year. "Fighting is part of hockey. It  
could do more, like take a cheap shot and know nothing is going to happen (as a result of it)."

and the connection to CTE, it is not something that McIver and MacDermid think about



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when they lace up the skates, take the ice or square up with an opponent. "You just try to keep it out of your mind. I guess it could happen to anybody, but I try not to think about that," said McIver. "It doesn't matter if I'm going to go to the NHL or play in the American League, that's (fighting) part of my game and it always has been since I turned pro, so it's something I will continue doing," he said.

"The most important thing is to take all the precautions you can," MacDermid said. With the continuing research and actions being taken to protect players, it is something that will continue to be part of the game in the future. In the meantime, fans can continue to expect to see these designated enforcers dropping the gloves in front of thousands of fans taking retribution for cheap shots or charging up the crowd and teammates.



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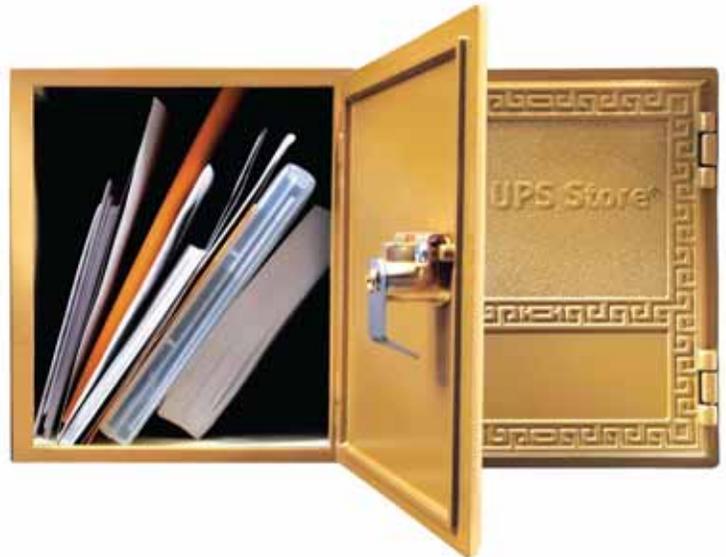
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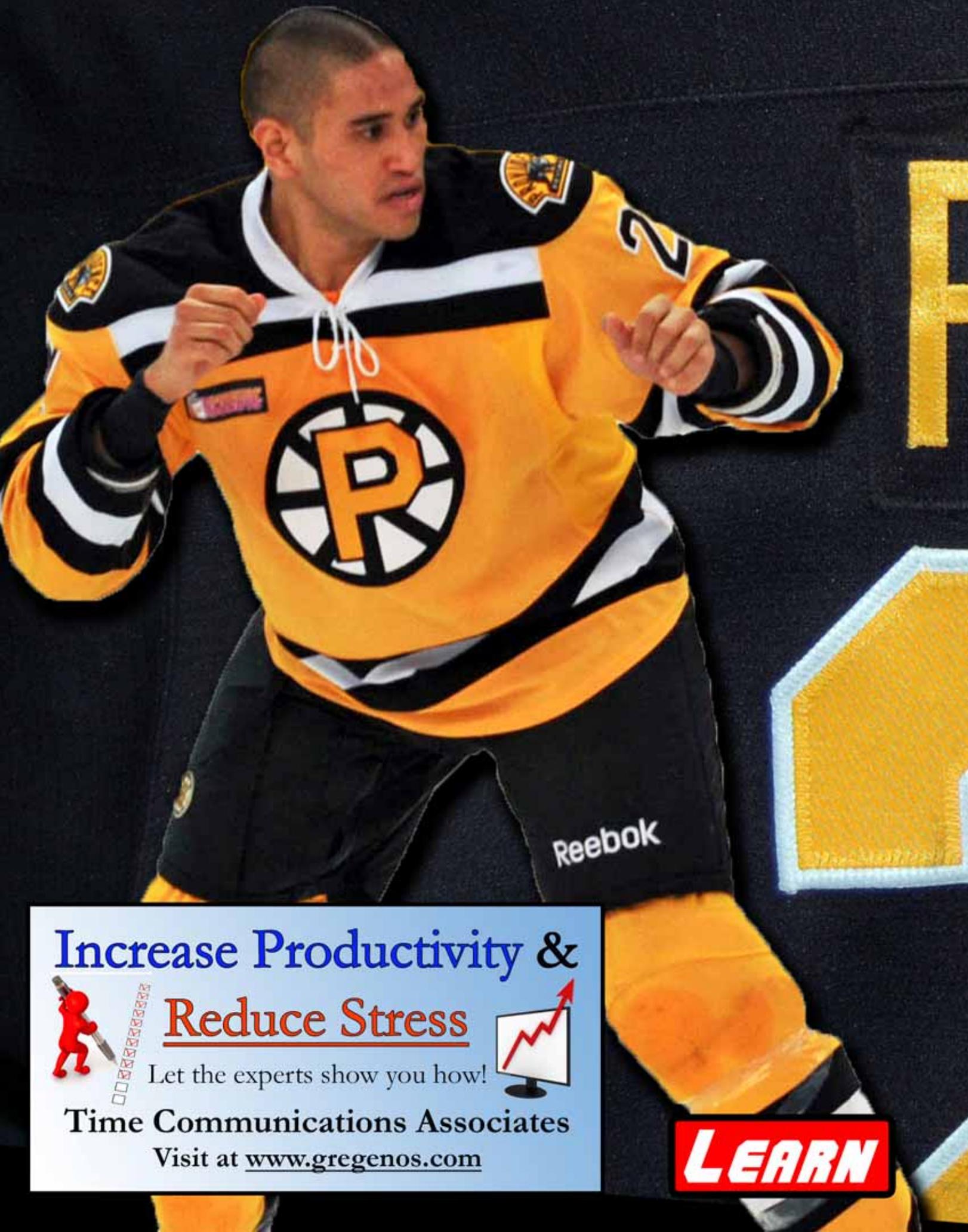
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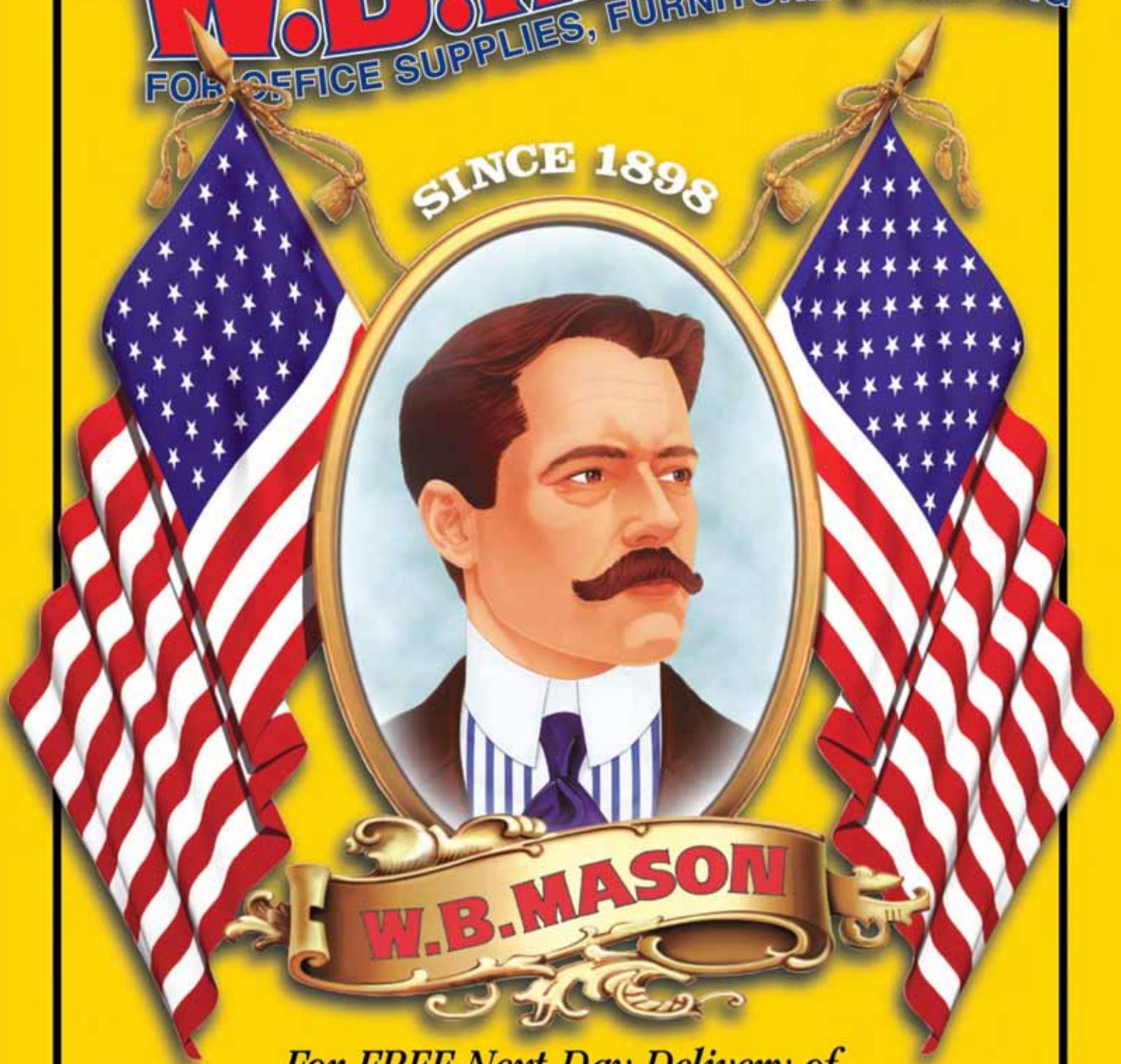
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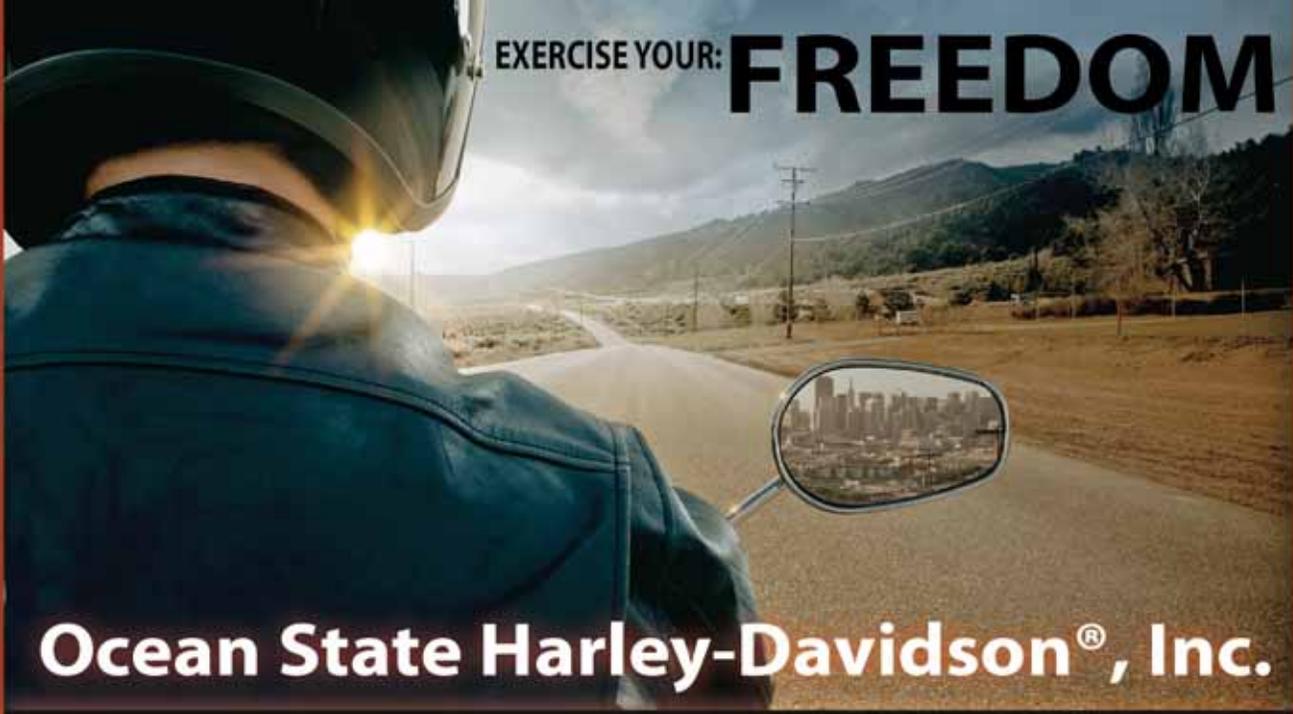
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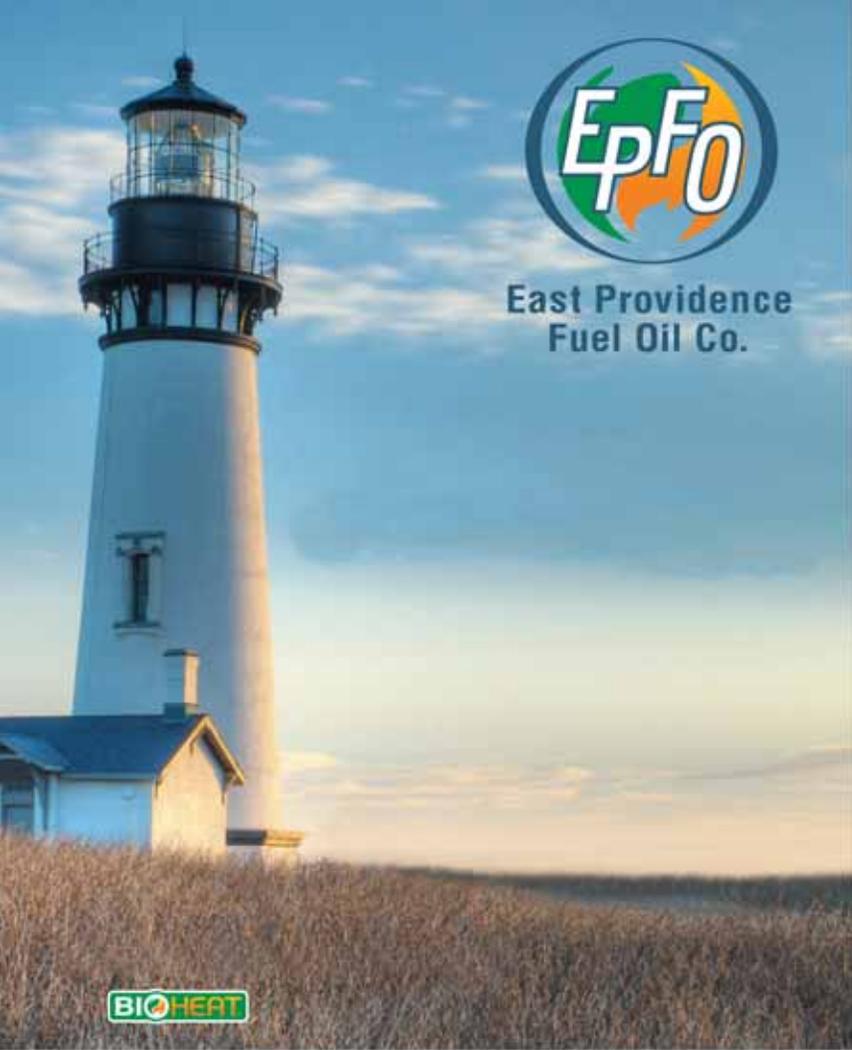


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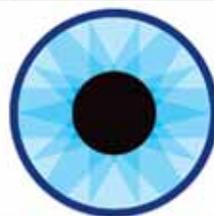


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---

## Lateral Squat Leg Circuit

The Lateral Squat Leg Circuit is a combination of three individual exercises: the lateral squat, an internal hip rotator stretch, and a partner-assisted pushdown. Each one, in and of itself, is an effective exercise. However, when perfected and worked as a compound set or circuit, a synergy is created enhancing their ability to protect the groin. Initially, each exercise should be practiced, separately.



### Exercise #1: Lateral Squat

Start in the athletic position with feet 12-18 inches wider than the shoulders.

Initiate motion by pushing hips back (not, lunging sideways) while keeping your trail leg, absolutely, straight. You should feel your weight shifting towards your heel, as your knee bends.

Continue, squatting, while pressing your arms and hands out, in front of you, at shoulder height. This should counter balance the motion and help you gain spatial awareness. Keep torso / chest as upright as possible.



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When your upper leg is parallel to the ground, you have reached the midpoint of the exercise. Pause for a moment, until you are completely stable.

Push your heel into the ground, hard, and drive your hips forward as you extend your leg. As you ascend, pull your arms and hands to your chest, as you complete the motion. You should finish in the same position as the start.



Repeat, alternating left leg and right leg, for 20 repetitions (10 each side).

Hint: If your flexibility is poor, you will struggle to keep your trail leg straight. Simply, flex your ankle (point your toe up) during the entire movement. As your flexibility improves, you should be able to complete the movement with your foot flat on the ground and your leg locked-out, straight.

## Exercise#2: Internal Hip Rotator Stretch

Start, lying face down, with you legs bent 90 degrees. Your partner will lock your knees together, throughout the entire exercise, by placing his/her feet outside of your knees.

Partner will initiate stretch by gently spreading feet apart until legs create a 'V'. Let your partner know when you feel stretch by using your hands to 'tap out' on the mat. Hold this position for 10 seconds.

Finish by returning to start position. Pause for a moment and continue by completing 3 repetitions.

Hint: This is a static stretch. Static stretches are great for preventing muscle imbalances and developing body awareness, among other things. However, static stretching has been shown to reduce strength levels (which is why static stretching is usually performed after actions requiring high levels of strength.

Contrary, to many beliefs, they should be performed after practice or workouts. Not, before).



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**Pushdown  
(Start/Finish)**

### Exercise #3: Partner-Assisted

Start the same as Lateral Squat. This time you will have a partner assisting you by facing in the opposite direction, in a foot-against-foot fashion. Partner will place tubing around your waist and anchor it with opposite hand, near hip.

Partner will initiate motion by pushing you, laterally, at the shoulder or back. Step into the lateral squat position, following the same instructions listed above (hips drive back, knee bends as weight transfers to heel, chest stays up, and trail leg stays straight).

As upper thigh reaches parallel, keep core tight and reverse direction by explosively extending leg and pushing hips forward. As you reach the finish position, your partner will initiate the second rep by, immediately, pushing you down again.

Continue, non-stop, for 10 repetitions.

Hint: This exercise is being performed in a pre-fatigued state due to the previous exercises. However, it needs to be performed in an explosive fashion, emphasizing the stretch/shortening cycle. To ensure this, make sure you are using the appropriate tubing.



**(Midpoint)**



Mike is a strength and conditioning coach for the 2011 Stanley Cup Champion Boston Bruins. As such, his duties are directing the strength and conditioning program for its developing players, in Providence. He has been a certified strength and conditioning specialist for almost two decades and has been with the organization for 12 seasons. If you would like further information, he can be contacted at [mike@northeastssportstraining.com](mailto:mike@northeastssportstraining.com) or 401-739-1528.



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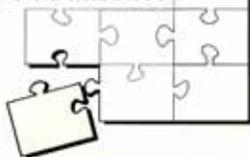
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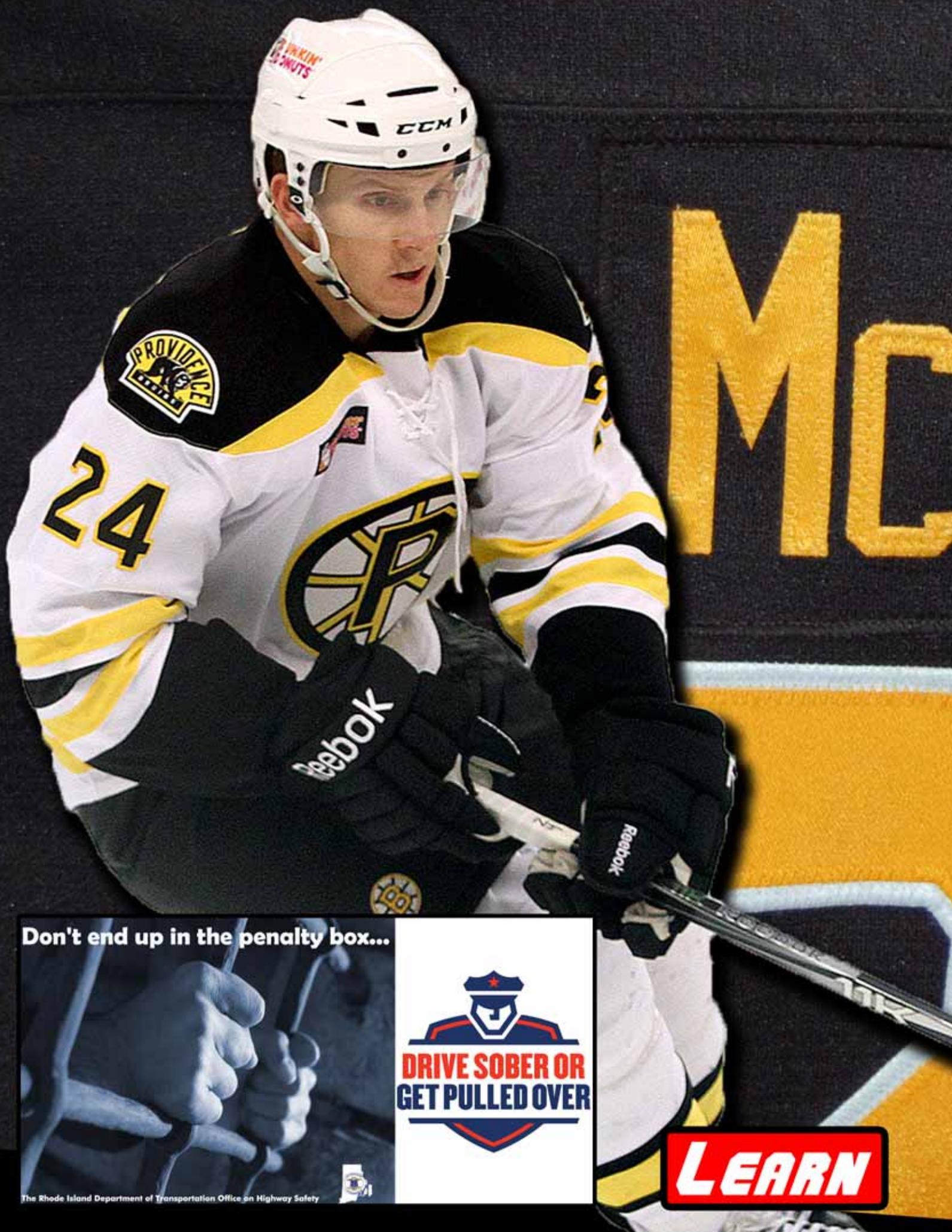


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The Welland, Ontario native started his career in 2006-07 in the East Coast Hockey League with the Toledo Storm after five standout seasons with the Peterborough Petes of the Ontario Hockey League. While many might complain of the long bus rides and small pay of the Coast League, Tardif took the season in stride, scoring 30 points in 34 games while soaking in his first professional season. "It was my first pro experience and I can honestly say it was the best experience I've ever had in pro hockey. The oldest rink in North America still being used; it was unbelievable," reflected Tardif on his time in Ohio.

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Tardif played in three games with the Manitoba Moose and Iowa Stars before settling in Michigan where he signed a professional tryout agreement and eventually an AHL contract with the Grand Rapids Griffins. With his first-on-last-off-the-ice mentality, Tardif eventually worked his way to the top of the Griffins' line up, leading the club in scoring and in the locker room as a captain from 2009-11.

"I can look back now and say that a lot of my success has been due to starting out at the bottom and having to work my way, having to earn every contract. I started on the East Coast (Hockey League) deal making \$200 a week and then finally moving on to an AHL deal and then getting the NHL deal with Detroit," said Tardif. "I'm very thankful. I started at the bottom and everything I've gotten so far I've had to work a lot harder than some people have to in this game, but that's the path that has taken me here and I'm very happy about it."

At the end of last season, Tardif found himself in unfamiliar territory. Having settled in Michigan in the Grand Rapids team and community for five years, Tardif's contract was up and he was an unrestricted free agent for the first time in his career. Although, unfamiliar territory, it was a change that Tardif welcomed. "We had set down a lot of roots in Michigan. Myself and my wife bought a house in Michigan; settled down in Grand Rapids, everything was great," Tardif said. "But, the lifestyle of a hockey player is if a team come knocking you have to get up and move."

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then all of a sudden  
used to," said Tardi

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And his family couldn't be happier either. "My whole family back home is all Bruins fans. They all wear that jersey in training camp and being here in Providence. It has been a great experience."

Once training camp came the excitement of wearing the 'Spoked-B' took a back seat. Tardif was focused on making a name for himself in a new organization, something he hadn't experienced in 10 years. The move meant a not only a new team, but a new coaching staff, new systems, and a new city. P-Bruins coach Bruce Cassidy coached in Grand Rapids from 2000 to 2002, so he is familiar with the systems that had become second nature for Tardif. "I'm still learning the little things that you do the same thing for five years it just comes natural," said Tardif. "I'm still learning the differences here in Providence and what Boston does. Every day it is something new and definitely a challenge."

Not only has Tardif had to adjust to new systems and a new locker room, he and his family have had to move to a new city for the first time in five years. While there is nearly a 900 mile difference between Grand Rapids and Providence, Tardif sees a lot of similarities between the two, such as the universities that inhabit the area. One of the best parts of playing in Providence, for Tardif, is the easy travel. "You travel on the same plane as the Bruins, so it's a lot easier to get to and from the rink."

less than a month after the Boston Bruins won their first Stanley Cup in 39 years. The hockey world, was glued to the television. Then less than a month after watching the Stanley Cup from the comforts of his couch, Tardif got a call from his agent – the “Looking back I think it happened so fast. It was the first time I was a free agent in of sudden July 1 came and I think the phone call came in that night and it was pretty 2,” he said. “As soon as Boston came forward with the phone call I was happy and ally after they won the Cup. They’re a great organization and I think it was just a great made that decision.”

ew guy was something Tardif had experienced only once in his career. “At first it was e honest. I had been with Detroit for five years and you get so comfortable there and n you’re coming into a new team being the new guy on the team, which I’m not really f.

ed to being the new guy, Tardif was coming into some familiar faces. He grew up t Boston Bruins Daniel Paille and Nathan Horton. “Watching them through playoffs iting. All of a sudden, come July I was lucky enough and fortunate enough to sign a so I was extremely happy,” said Tardif.

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wife are living in a tween the two cities, he city. However, one n game days and you



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go 2 ½ hours for the most part. You're home every night with your family," he said. "It is great for guys who have kids." Which is something that Tardif will be able to enjoy later this season, as he and his wife are expecting their first child this spring.

The hardest part of adjusting to Rhode Island for Tardif? Rhode Island drivers. Probably known throughout the Northeast for driving under their own rules, it has been hard for Tardif to learn the rules of the Rhode Island roads. "I don't know if it is just an east coast thing or what it is," said Tardif. "Maybe I'm just not used to it. Maybe it's me! Maybe I'm that bad!"

While he may be having a hard time adjusting to the unsaid rules of Rhode Island roads, Tardif is thriving on the ice, scoring 23 points in 44 games thus far as well as being a key member of the P-Bruins power play unit. He has experienced a couple of bumps in the road and missed a few games, but Tardif hasn't let that damper his time in Providence. "It has been a great experience," he said. "I'm not going to say it was easy coming to a whole new team, new system, and new organization. It has definitely been a little bit of a transition, but I'm enjoying every step of it and I'm happy to fall into a great organization like the Bruins."

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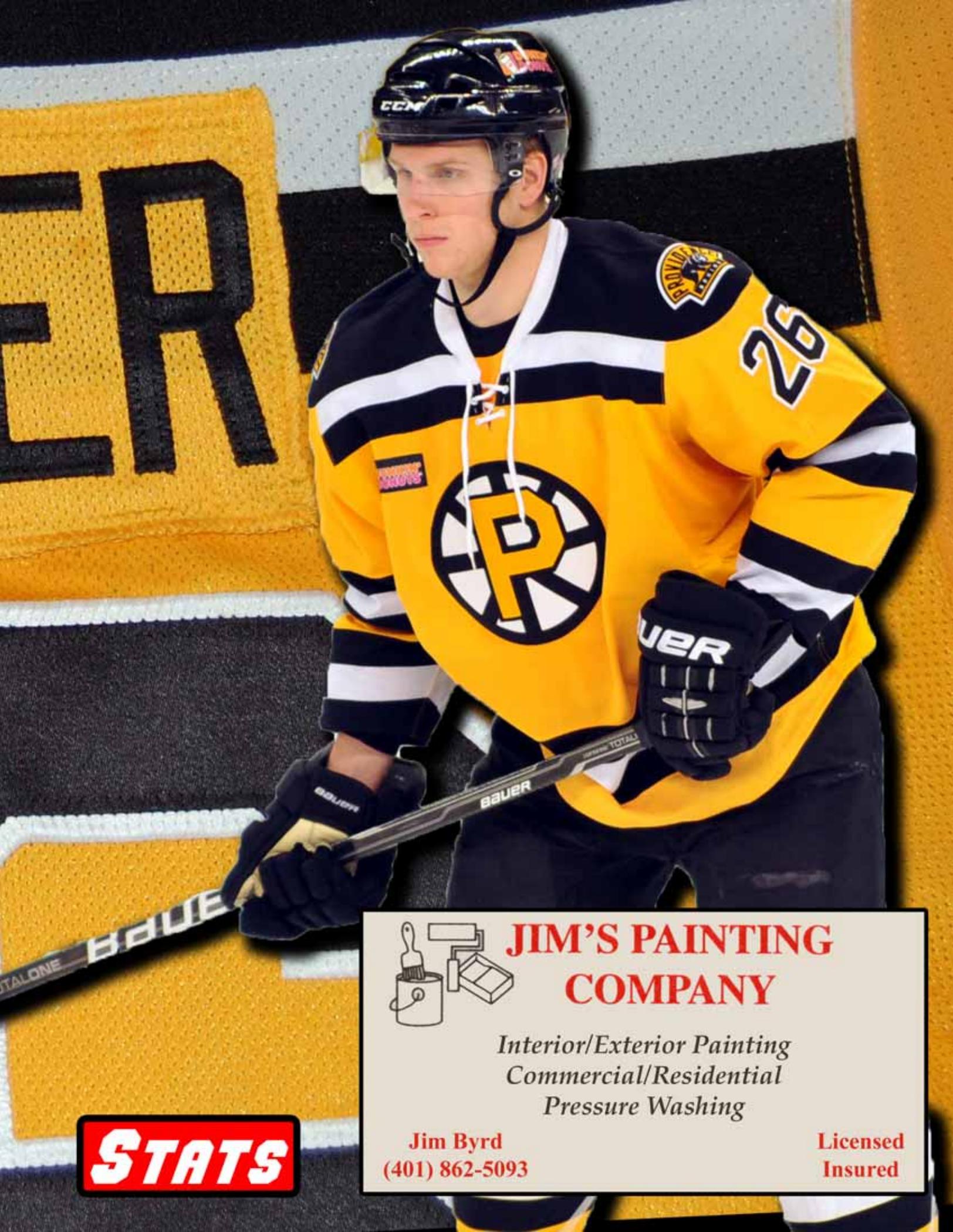
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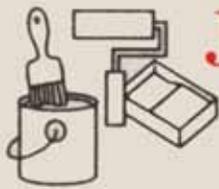
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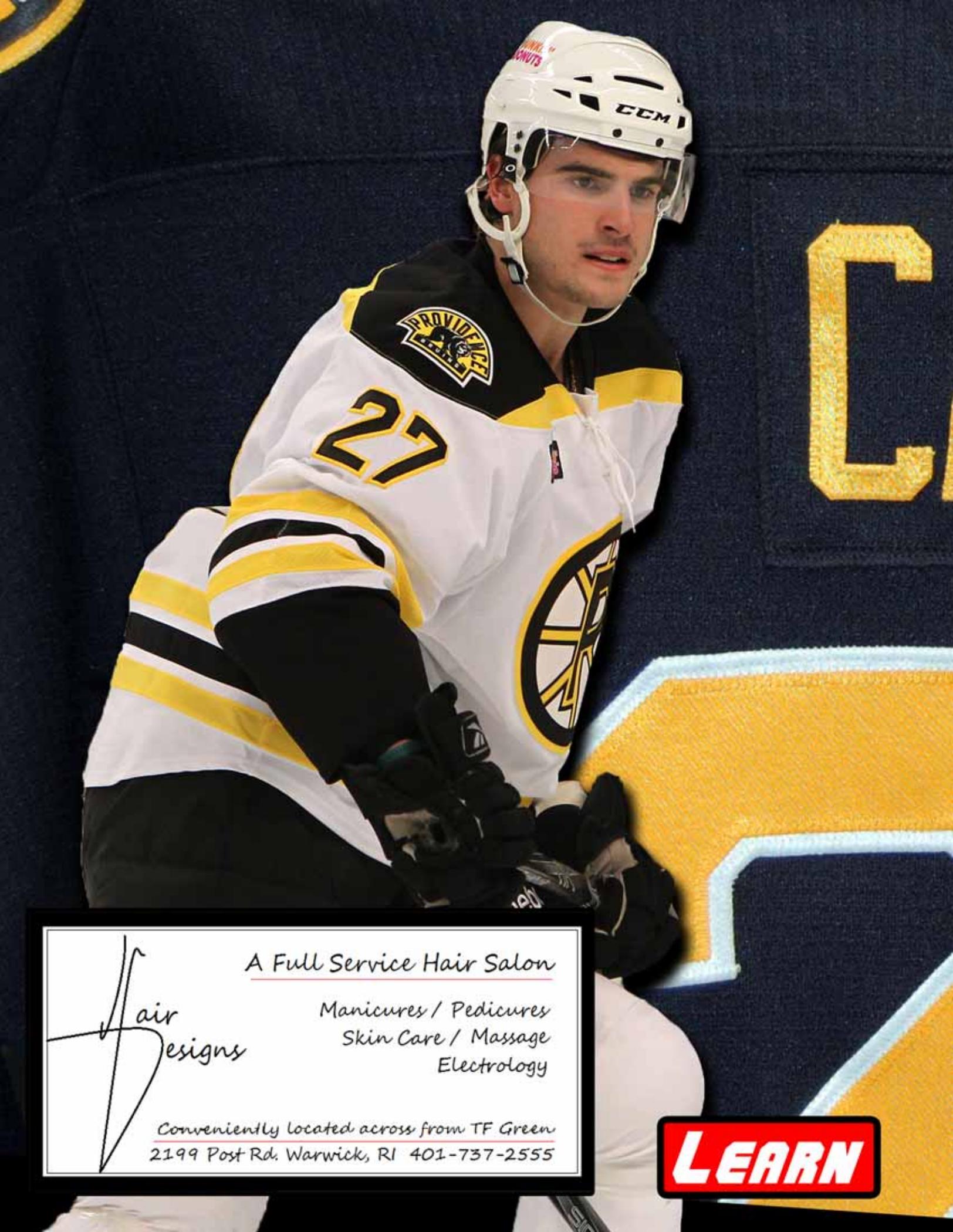
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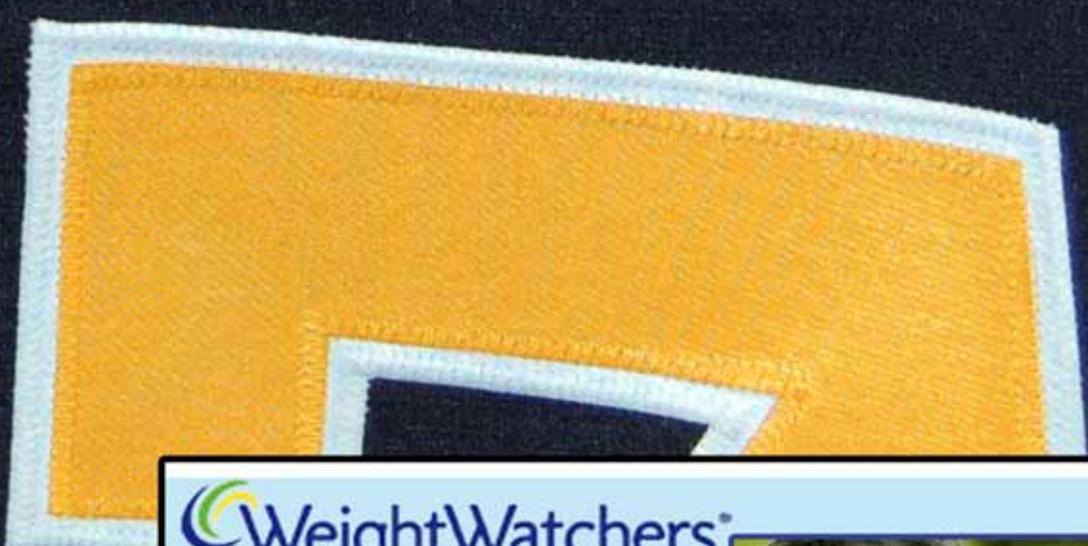
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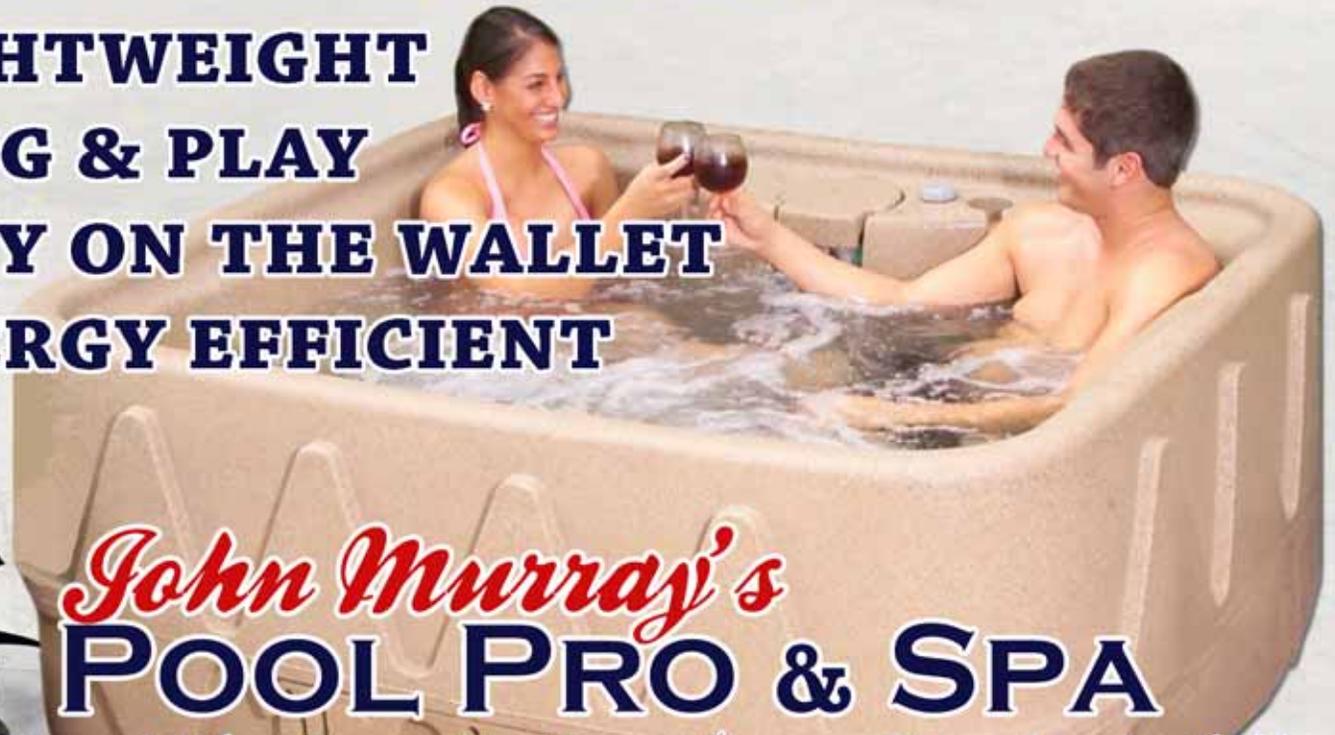
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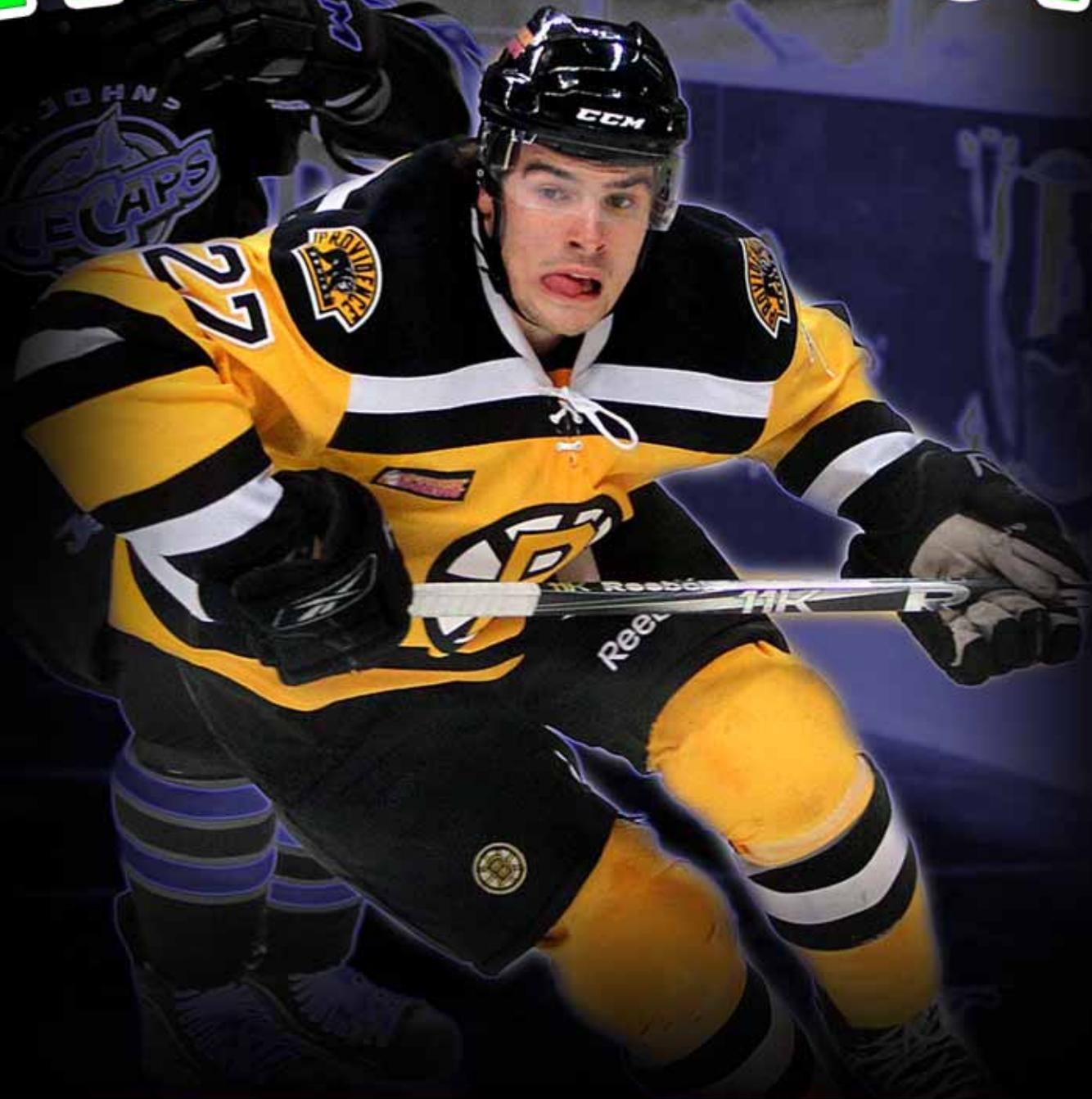


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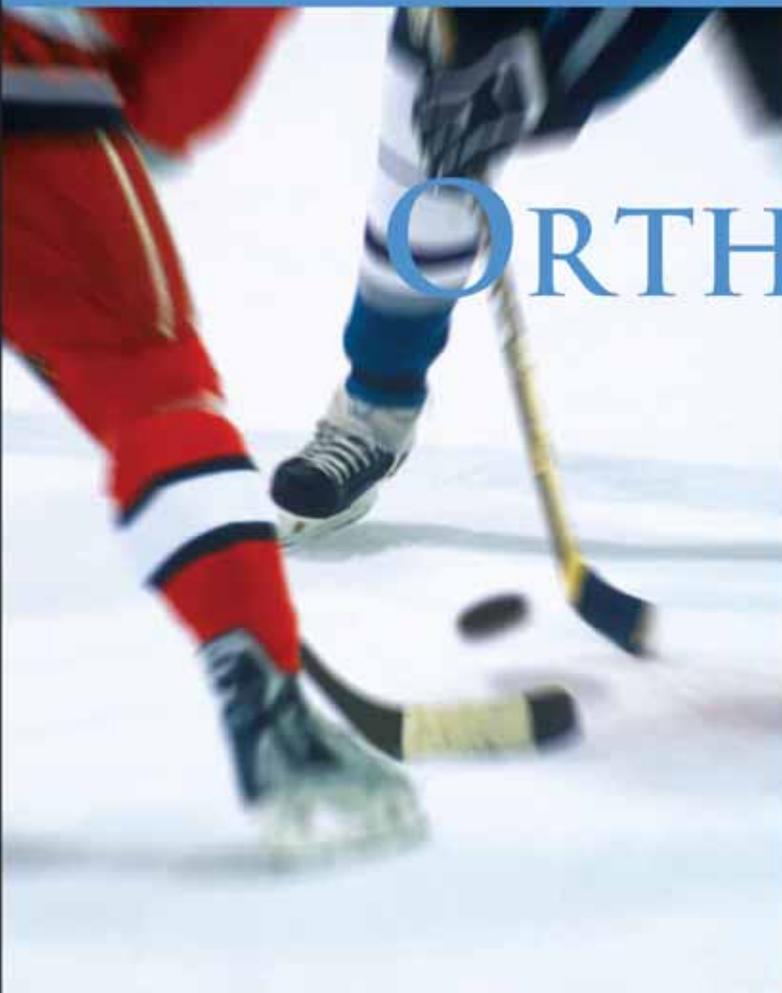


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Marc Cantin and the Windsor Spitfires swept former P-Bruin Adam Courchaine of the Erie Otters in four games to advance to the second round of the Robertson Cup Finals. In the four games, Cantin notched a goal and an assist.



Boston Bruin Tyler Seguin and the Plymouth Whalers defeated the Sault Ste. Marie Greyhounds in four games.



Cantin kept Seguin scoreless in four games. The Whalers advanced to the third round of the playoffs.



P-Bruins goaltender Michael Hutchinson and Boston Bruins prospect Jared Knight of the London Knights defeated the Guelph Storm in five games.



It took seven games for Knight and Hutchinson to defeat the Guelph Storm. In the series, Knight tallied five goals and two assists.



Boston Bruins prospect Tyler Randell of the Kitchener Rangers ousted the Saginaw Spirit in six games to advance to the second round.

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In the Robertson Cup Championship Cantin and the Windsor Spitfires defeated the Barrie Colts, sweeping the club in four games, the third time the club had done so in the playoffs. Cantin ended the Robertson Cup Playoffs with three goals and three assists. After winning the OHL Championship, the Spitfires moved on to the Memorial Cup Playoffs. Windsor went 4-0 in the tournament, defeating Brandon 9-1 in the championship to claim their second straight Memorial Cup title.



Randell's two goals, three helpers and eight penalty minutes weren't enough to stop the red-hot Windsor Spitfires as Cantin's club defeated the Rangers in seven games to advance to the Robertson Cup Championship.

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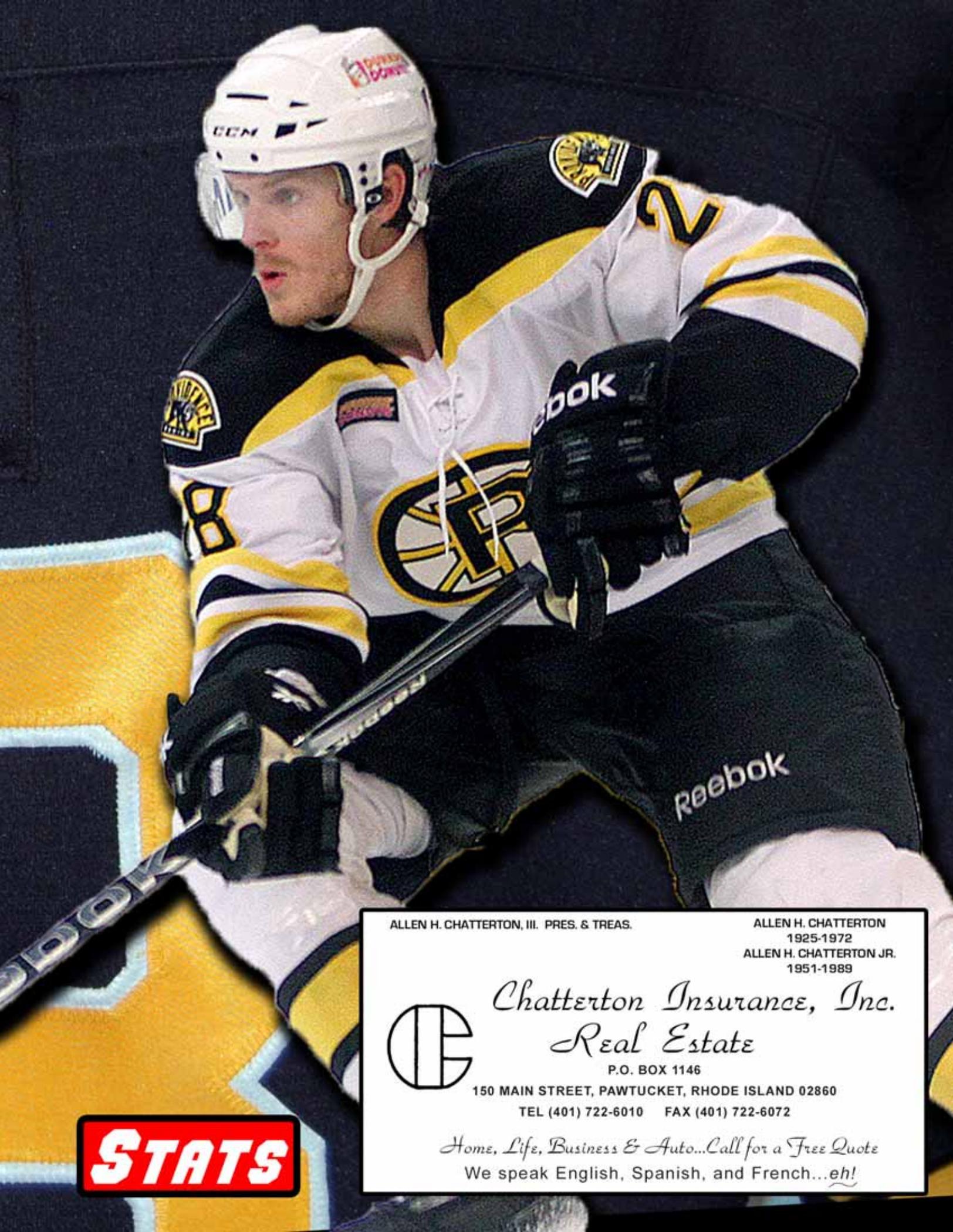
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# MILLER TIME



Everyone gets knocked down during their lifetime, from getting cut from your high school hockey team to being rejected by your top college choice. Whether literally or figuratively, getting knocked down is part of what makes life interesting and prepares us for the future. While a universal occurrence, it is how one handles the experience that differentiates us from each other. Some dwell on their misfortune while others use the experience as motivation. Perhaps, famed football coach Vince Lombardi put it best: "It's not whether you get knocked down; it's whether you get back up." Kevan Miller got back up.

Born in 1987 amongst a back drop of palm trees, beaches and the blistering sun of Los Angeles, the most ice Californians saw was chilling their drinks and any skating was confined to skateboarding. When Miller was a year old, the "Great One" Wayne Gretzky was traded from the Edmonton Oilers to the Los Angeles Kings, effectively giving LA its first celebrity not from the big screen. Gretzky's arrival sparked a whirlwind of interest in the sport that had previously been largely relegated to the East Coast and Canada.

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Miller was introduced to street hockey when a new family moved into his neighborhood shortly after his arrival. He decided to try ice hockey a year later; with Gretzky's arrival, rinks began to pop up

Quintessential to typical LA, Miller spent countless hours in the car traveling to practices and games with the West Valley Wolves, the LA Junior Kings, and the Ventura Mariners.

There comes a time in every adolescent hockey player's life when a decision is made, either voluntarily or involuntarily. Some will move on to elite leagues, teams or programs in hopes of attracting college attention, while others will end their careers in high school, only occasionally lacing up for men's leagues.

Quickly becoming one of the more dominant players in the California hockey system, Miller, like many adolescent hockey players, came to the point where he needed to decide the best route to follow: junior hockey or prep school. Following the guidance of his peewee hockey coach and the university coaches, Miller made the cross-country move to Sheffield, Massachusetts to attend Berkshire School.

Miller traded glamorous L.A. for the woods of Western Massachusetts. He made a cross-country move in hopes of bettering his athletic and academic prowess, only to be cut from varsity. At that moment, he considered going home or transferring to another prep school. "You definitely question 'Do I go back [to California]?' but they [Berkshire] really urged me to come back and try it," said Miller.

However, Miller took it as an opportunity to prove that he could play at the varsity level. His competitiveness and desire to win earned him a call-up when a defenseman on the varsity got injured. The coaches' confidence in his skill and work ethic and Miller became a staple on Berkshire's blue line during his senior year. During a post-graduate year at Berkshire, Miller began getting the attention of several Division I schools, such as Colorado College and Northeastern, but it was a trip to the University of Vermont that sold him. The next part of Miller's journey would bring him. "I went to UVM for a Friday night game versus Cornell and the arena was packed and they won, so after that I was pretty sold."

Just a four-hour drive and two years removed from his time on the junior varsity squad at Berkshire, Miller made the transition to Division I college hockey. However, much like his move from California to Berkshire, Miller had to work to prove himself worthy of a spot in the lineup. "When I went into to UVM we had four other guys, so we were battling to try to get into the lineup," he reflected of the transition. "As soon as I got there I kind of battled throughout my career there so I could play at the next level."

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Miller made his  
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step closer to t

Nearly seven months to the day that he signed his tryout agreement with the P-Bruins, Miller signed a two-year NHL contract by Boston. In his first five games of 2011-12, Miller tallied two assists, establishing himself as a solid, physical presence on Providence's blue line.

"It was a dream come true, obviously. It's one step closer to my goal of playing in the National Hockey League," said Miller of signing the NHL contract. "I was extremely happy to get an AHL contract and to get a step closer to an NHL contract was great."

Boston's front office shared a belief that Miller's parents had instilled in him when he was young: to earn everything you get, a sentiment that Miller carries with him in everything he does. "It's a mindset of my career, having to earn everything I get, which I don't mind. I think I am a better person because of it."

paid off as Miller was the only freshman to play in all 39 of the Catamounts' games and tied among freshmen in scoring en route to being named the George Buzzell Rookie of the Year. The defenseman finished his college career with 30 points in 144 games and a trip to the NCAA in 2010.

It wasn't guaranteed that Miller would continue to play after his final game as a Catamount. He was invited to the Chicago Blackhawks and Vancouver Canucks camps over the summers during college, but didn't bite, leaving Miller without a contract and uncertainty on the future of his hockey career.

Miller's professional debut with the Providence Bruins on March 25, 2011 after signing an entry-level contract with the club following his final game for UVM. The defenseman went pointless as the P-Bruins missed the playoffs for the second consecutive year. Miller went into the next season as a free agent, uncertain where he would be come September. Impressed with his college play and performance in Providence, the Bruins invited Miller to their training camp in September. In a tight roster spots, Miller was released, but signed to an AHL contract by the P-Bruins on September 15, 2011. The ink was barely dry on his AHL contract, when Miller's hard work landed him another contract with the Bruins. The ultimate goal of every hockey player; making it to The Show.

Miller was signed to a contract for 10 games in five games,

and the National Hockey League," Miller said. "I then to earn my way

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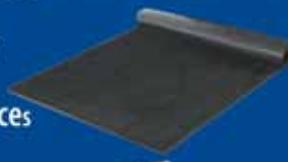
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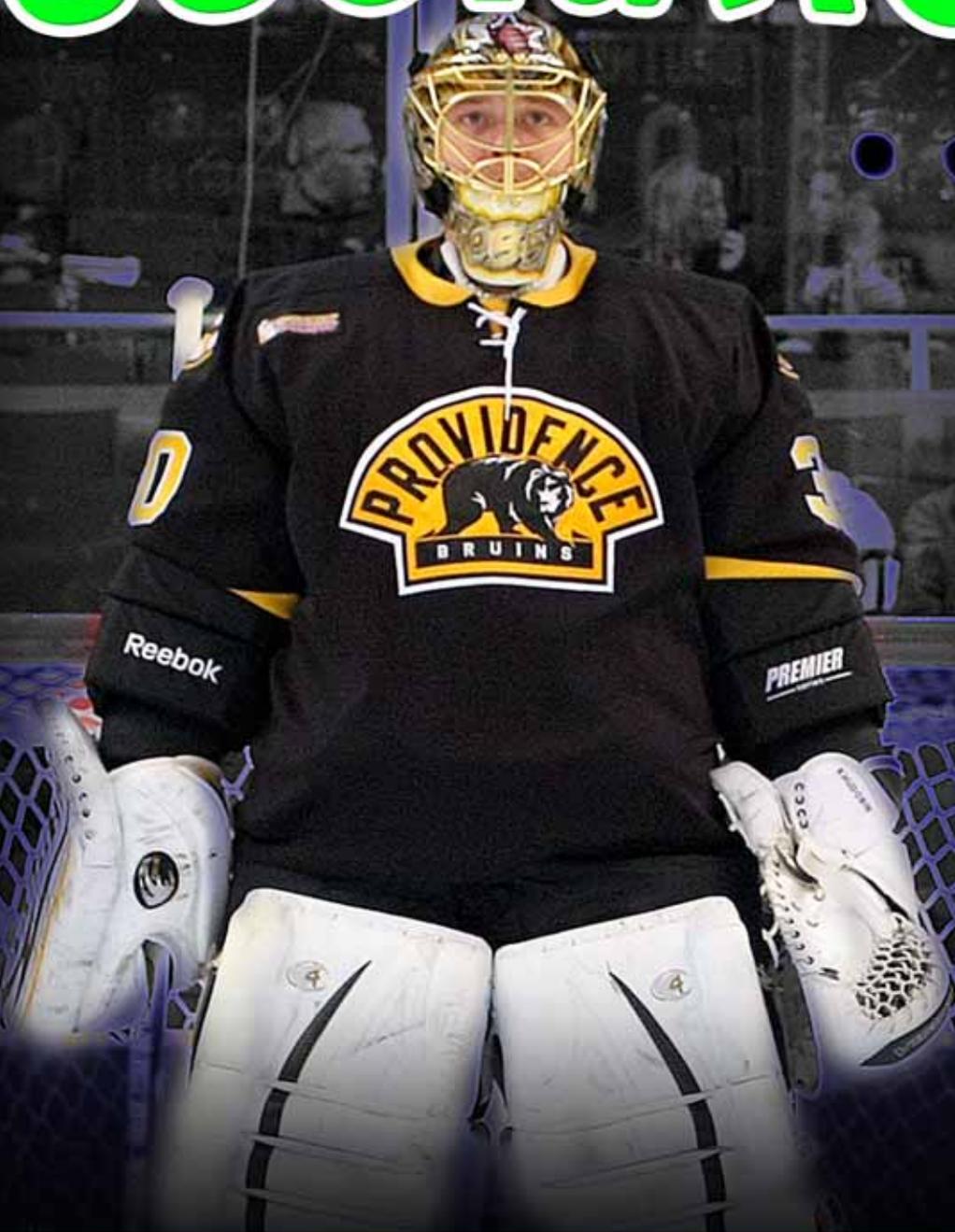
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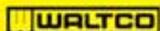
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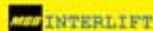
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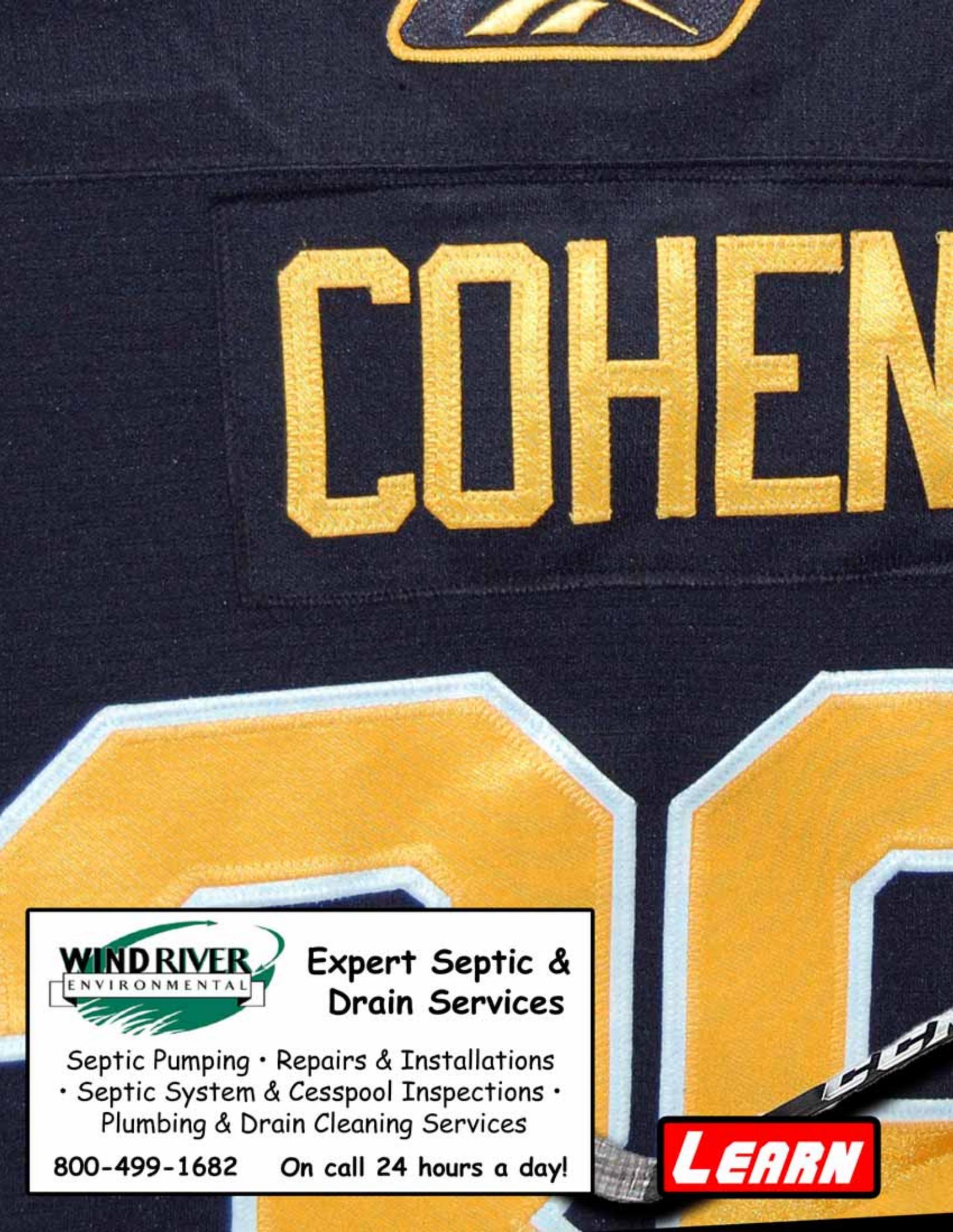


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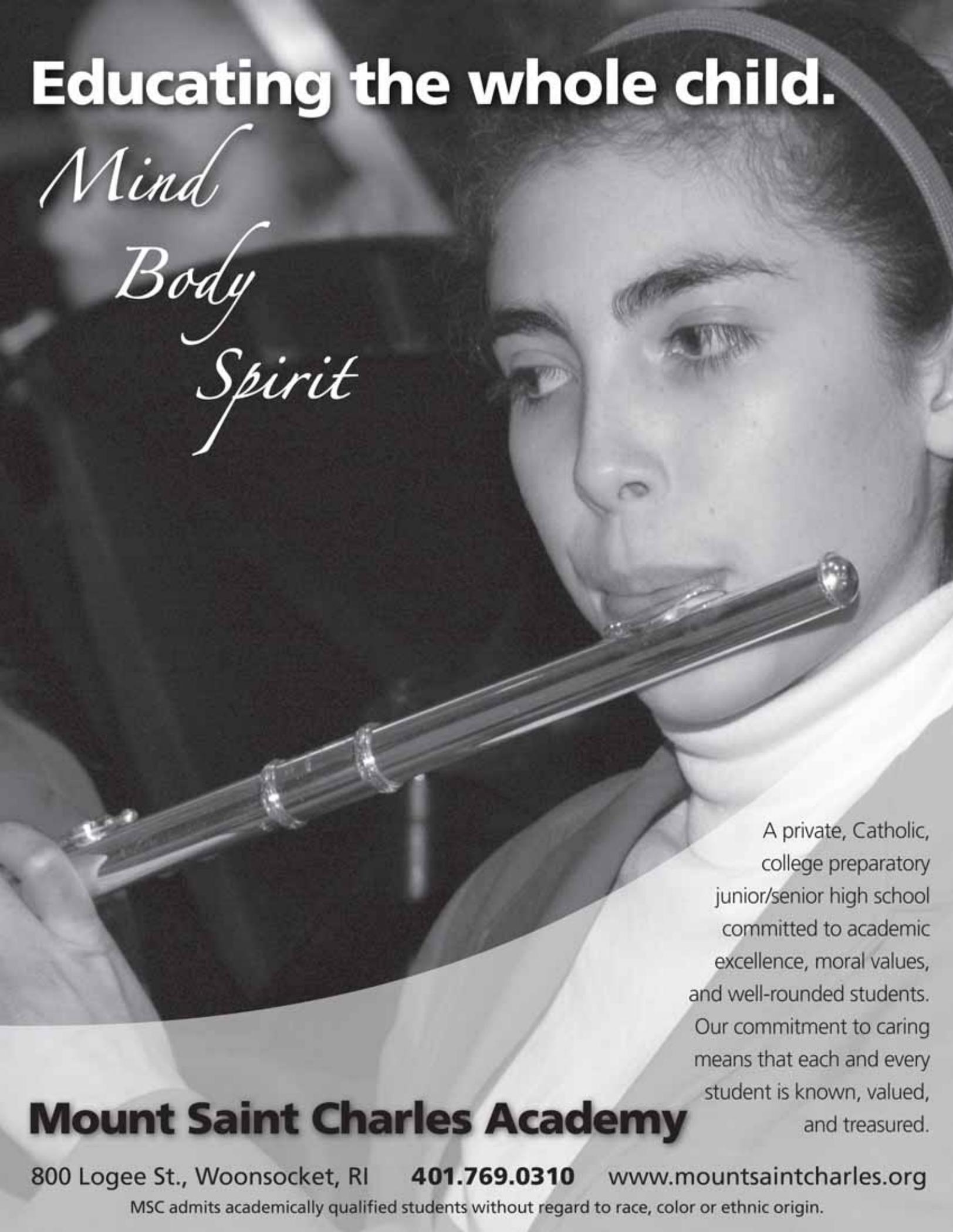
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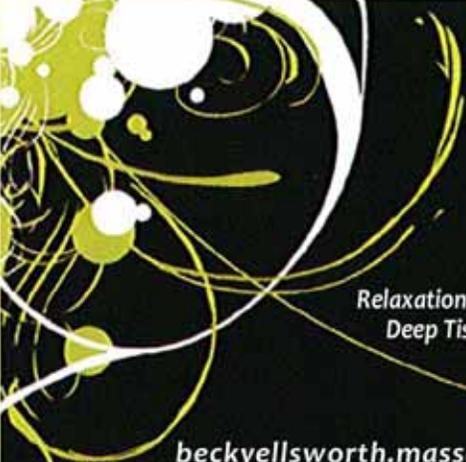
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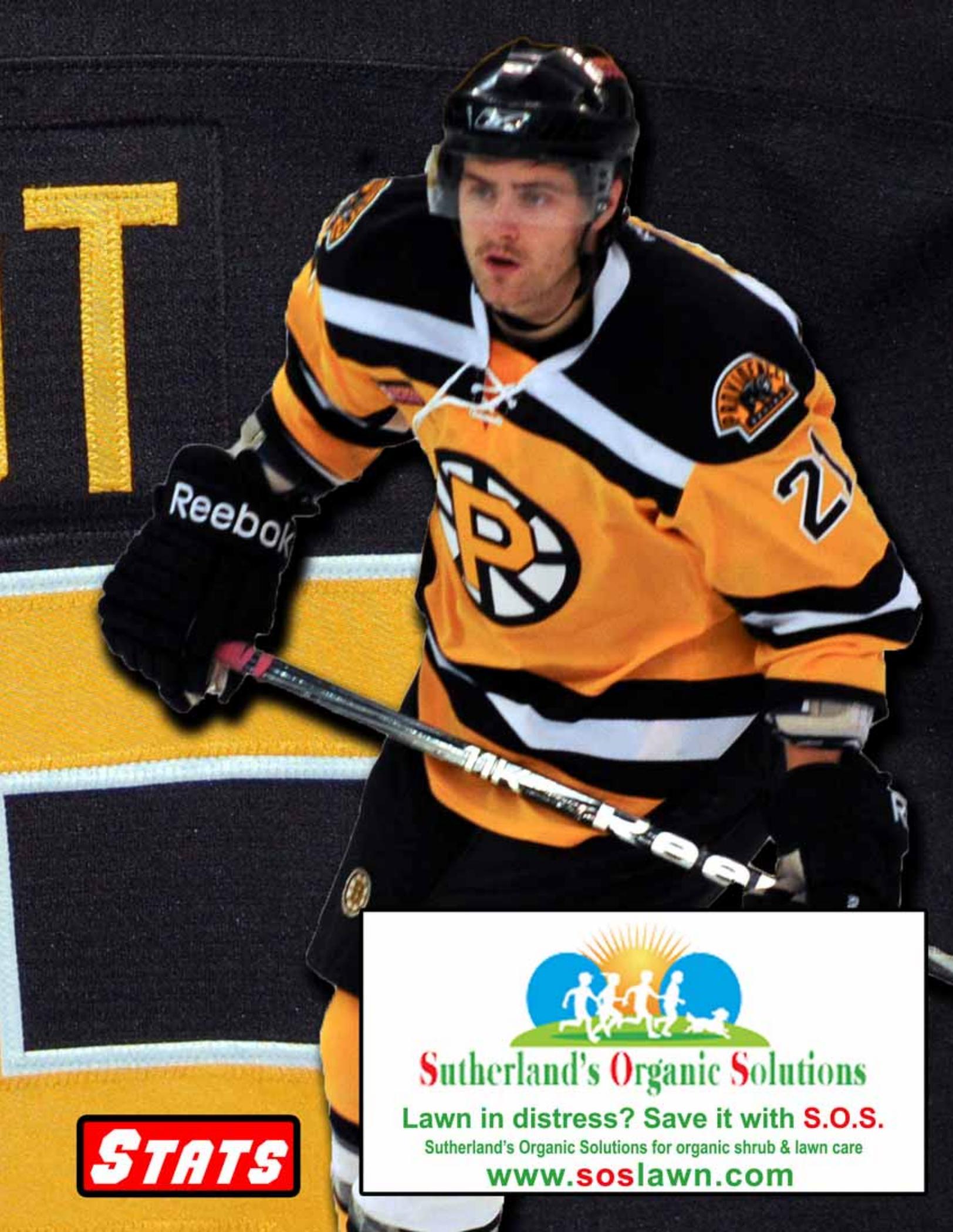
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## Qualities to look for in choosing a lawyer:

### COMMITMENT

- Personally meet each of the attorneys and the support staff who will work on your case to insure that you will be treated with respect and that the law firm is truly dedicated to helping *you* and not someone who may have brought you there.
- Be certain the lawyer is committed to aggressive professional legal representation to obtain a positive result while answering all questions and keeping *you* informed.

### ABILITY

- Be sure the law firm has the needed resources and a professional support staff capable of getting the job done.
- Be certain that the law firm has capable litigators with a history of successful results who can mediate, arbitrate or litigate your case if needed.

### REPUTATION

- Ask more than one person about the reputation of the law firm for handling cases such as yours from beginning to end with legal fees that are affordable, fair and reasonable.
- Be sure the law firm is local and known for handling cases to their conclusion rather than referring your case to some law firm across town at the first sign of difficulty.

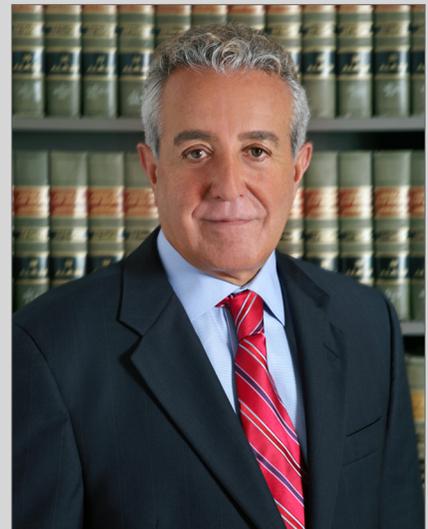
### EXPERIENCE

- Learn the amount of experience an attorney and the law firm has in handling your type of case, including how long they have been in practice handling such matters.
- Do not be afraid to ask about the law firm's past history of success. You must have confidence in the law firm that you hire.

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