

MHA

OFFICIAL PUBLICATION OF
JAN/FEB 2022
MINNESOTA HOCKEY
SUPPLEMENT TO USA HOCKEY

MINNESOTA HOCKEY JOURNAL



ROONEY'S WORLD

- + **DANI BURGEN**
BURIES BISCUITS
- + **SKATING TIPS**
WITH WILD COACH
ANDY NESS
- + **BROCK FABER**
IS UNFAZED

GOLDEN GOALIE **MADDIE ROONEY**
READY TO DEFEND AMERICA'S NET

THIS IS THE STATE OF HOCKEY



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MINNESOTA HOCKEY JOURNAL

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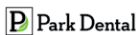


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The purpose of Minnesota Hockey, an affiliate of USA Hockey, is to encourage and improve the standard of youth and other amateur ice hockey, to conduct ice hockey tournaments and to select representative teams to participate in tournaments; to associate with other ice hockey associations; to do any and all acts necessary for creating further interest in youth and other amateur hockey."

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FACEOFF



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UNFAZED

Maple Grove's Brock Faber is as steady as they come.

Faber helped Osseo-Maple Grove win the 2018 Minnesota Hockey Bantam AA State Championship.

JAN/FEB

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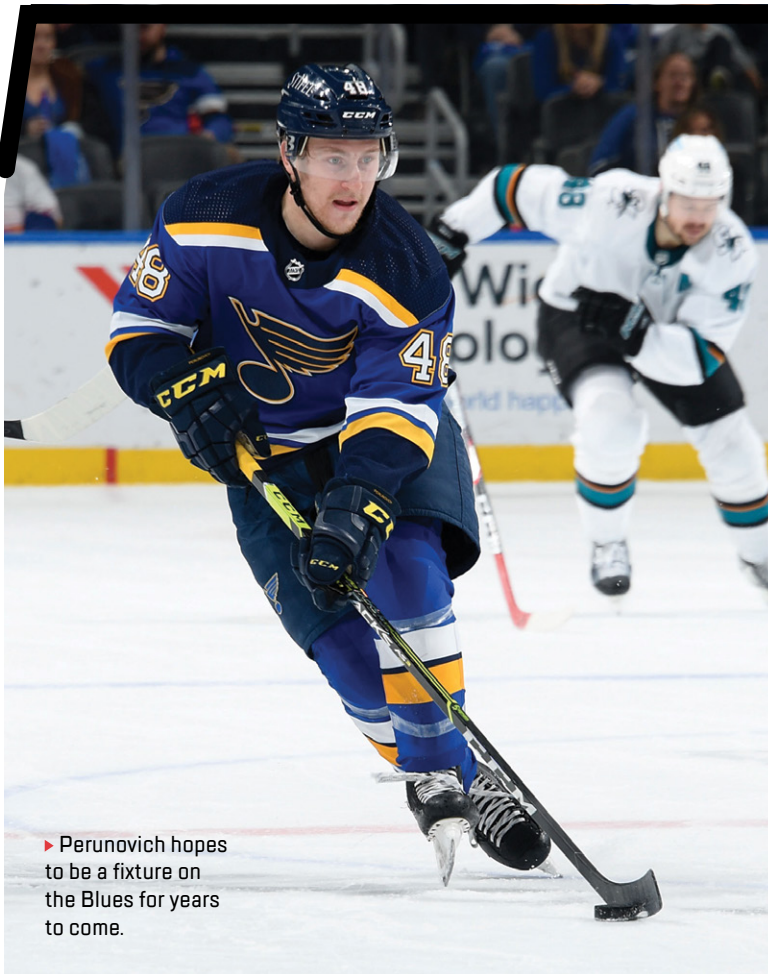


ON THE COVER:

Rooney shut out Canada 2-0 in the My Why Tour on Nov. 23.

Photo by Matthew Murnaghan/Hockey Canada Images

Goals & Assists



► Perunovich hopes to be a fixture on the Blues for years to come.

PHOTOBOOTH

Perunovich On Point

→ Hibbing native, two-time NCAA national champion and 2020 Hobey Baker Award winner Scott Perunovich made his highly anticipated NHL debut for the St. Louis Blues on Nov. 16.

He tallied an assist in his second game just two days later and registered five total points in his first nine games. Prior to his call-up, Perunovich lit up the American Hockey League with 20 points in 12 games from the blue line.



► Will and Bennett's dad, Doug Zmolek, played for eight years in the NHL after starring for the Gophers.

COLLEGE HOCKEY

Sibling Series

→ Brothers Will and Bennett Zmolek of Rochester faced off against each other for the first time last month as Minnesota State traveled to Bemidji State for a weekend series. Will is a junior defenseman for the Beavers and Bennett is a freshman blue-liner for the Mavericks.

Bennett tallied his first collegiate goal against his brother during the second game.

Meanwhile, sisters Jessica and Kate Boland from Northfield have started another sibling rivalry between the Mavericks and Beavers. Jessica is a freshman forward at Minnesota State and Kate is a junior defenseman at Bemidji State.





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▶ LEFT TO RIGHT: Paul Holmgren (St. Paul), Stan Fischler, Jenny Potter (Edina), Dean Blais (International Falls), Tony Granato.



AWARDS

Minnesotans Get the Call

Blais, Potter, Holmgren inducted into USHHOF; Olson awarded Lester Patrick

→ Minnesotans Dean Blais (International Falls), Jenny Potter (Edina) and Paul Holmgren (St. Paul) were among the seven individuals inducted into the U.S. Hockey Hall of Fame last month.

Lynn Olson (Richfield) was presented with the 2020 Lester Patrick Trophy for outstanding service to hockey in the U.S.

Blais is one of America's most decorated coaches at the high school, junior, college and international levels. Potter is a 14-time international medalist and four-time Olympian who helped the U.S. to its first gold in 1998. Holmgren's playing, coaching and management career spans 40-plus years at the collegiate, NHL and international levels.

Olson is a longtime advocate for girls' and women's hockey at all levels. She has worked tirelessly to grow the game, establish girls' hockey as a high school sport, women's hockey as an Olympic sport, and much more.



PLAYOFFS

NCAA Women's Hockey Bracket Expanded

→ The NCAA Division I women's hockey bracket will be expanded from eight to 11 teams beginning this season. Coaches and players from Minnesota's six Division I programs rallied to support the measure, which aims to curb gender inequities.

The 2022 Women's Frozen Four will be held at Penn State's Pegula Ice Arena March 18-20. The 2023 Frozen Four is coming to Amsoil Arena in Duluth.



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HOCKEY WORD FIND

Find and circle the 10 words in the group below. Words can be found horizontally, vertically, diagonally and backwards.

G O L D I E S R E E I C
 C A A N N E R A R Z O M
 P O D I U M G Y E N A A
 T L T E A G R V N O C V
 U Y O G U T K T O R C H
 D M T L N D R H F B E R
 E P S U M Y S A V E S I
 N I O L M W H G A L F U
 T C E G I N O E S E E S
 S S I L V E R E R S K A
 V P R I D E E E R S O N

WINTER GAMES

- OLYMPICS
- SILVER
- COUNTRY
- FLAG
- USA
- GOLD
- BRONZE
- PRIDE
- TORCH
- PODIUM

A DANGLER'S DICTIONARY



'Hardware'

[noun]

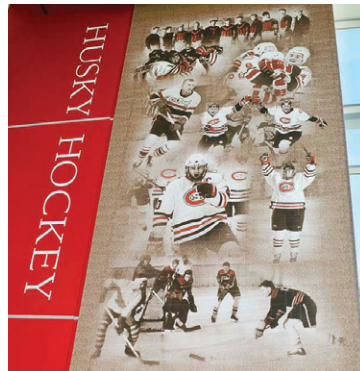
def. // A championship, medal or trophy. 'Team USA brought home the hardware.'

MINNESOTA MUSINGS

"That's where my passion came. All those little things, that's where the dreams and romance begins is out on that black ice of a pond and playing outdoors."

– **Mark Parrish**
 Bloomington Jefferson





MADE IN MINNESOTA

By Steve Mann

Signs of the Times



Local artist Karl Jaeger's custom graphics create excitement and honor the past

→ If the team at KJ Branding has proven anything, it's that you don't need to lace up the skates to make a big impact on the hockey world.

In fact, it could be argued that the Buffalo, Minnesota-based custom sign and display shop has as much "puck cred" as anyone, with connections to nearly 20 NCAA Division I college programs around the country and more than two dozen high school programs in Minnesota, not to mention branding projects for the U.S. Women's Olympic Team and the Western Collegiate Hockey Association. It's work that helps these programs create excitement for fans, players and prospects and pay tribute to their alumni and history.

"I've always considered myself a sports artist and always wanted to be just that," said KJ Branding co-owner Karl Jaeger, a hockey dad and lifelong sports fan, who says he played the game recreationally, but never on a team. "I never would have guessed it would have gone down this path."

From his humble beginnings creating basic colored-pencil portraits of athletes, inspired by sports and his Minnesota roots, Jaeger's evolution into entrepreneurship started with a

print of professional golfer Tom Lehman more than 25 years ago. Thanks to a flourishing reputation and word-of-mouth referrals, Karl's work now extends to a variety of sports and corporate settings and far beyond the Midwest region. His team's custom wall murals, sports prints, colorful back-lit logo plaques and more can be found throughout the country.

"In 2010 or 2011 we were just dabbling in the murals and wall graphics, and it was just a small portion of our business," says Jaeger, who co-owns the 11-person operation with his father, Frank. "Over time it evolved. With the help of my cousin, who played for the Bulldogs, we did graphics for Minnesota Duluth and then Bemidji State when they opened their new arenas, and other teams saw that, and eventually it became something we specialize in. The graphic branding work is probably 95% of what we do now. It's still satisfying to take a blank wall and come up with these creations."

Jaeger says his team's work transitions well for any sport, but it's the niche the company has carved out in hockey that has provided the KJ Branding crew with inspiration, opportunity and plenty of hometown pride.

"I've been blown away at how tight the hockey community is and the camaraderie the coaches have with each other around the country," said Jaeger. "Having a daughter who plays and growing up here knowing the history of hockey in Minnesota, I do take a lot of pride in helping to contribute to that. It's fun to take a step back and look at the team we've built and all we've done and say, 'holy cow, we've done some really cool stuff.'"

MINNESOTA HOCKEY NEWS & NOTES



► GEAR UP FOR 2022 WITH DICK'S SPORTING GOODS

As the longest running and most successful equipment grant program in the country, Gear Up Minnesota has provided nearly \$750,000 worth of equipment to youth hockey associations in Minnesota since 2010.



The grant program focuses on supplying high quality starter hockey equipment at the grassroots level with the goal of reducing barriers to hockey and enabling more kids to try the sport.

DICK'S Sporting Goods is the official retailer of all Gear Up Minnesota equipment and provides grant recipients with gift cards to stores in Minnesota. Then, association representatives have the opportunity to use the gift cards to purchase the specific equipment their association needs most to recruit new players and retain them.

Applications for the 2022 Gear Up Minnesota equipment grant program will open in the spring and gift cards will be delivered prior to the 2022-23 season. All youth associations in Minnesota are eligible to apply. Gear Up Minnesota is made possible through generous financial contributions by DICK'S Sporting Goods, the Minnesota Wild Foundation, Jimmy John's, FlipGive, Northwest Designs and more.

► BRUSH UP ON LIFELONG DENTAL HEALTH

The key to lifelong dental health is to establish good habits as early as possible. Starting routine dental care early helps prevent cavities and create dental habits that will give your children their best smiles for all their little—and big—milestones. Children's teeth need regular dental cleanings

and examinations, and most children should visit their dentist once every six months.

All of Park Dental's locations provide personalized dental care for infants and children. They know how hard it can be to schedule a dentist appointment that doesn't interfere with school, sports or family vacations. With early morning, evening and weekend appointments, they make it easy to fit the dentist into your schedule. Discover the Park Dental difference and schedule or request an appointment today at parkdental.com.



► HARD ICE DIVIDER PROGRAM RETURNS

Minnesota Hockey, in partnership with Rink Systems, Inc., will once again offer the Minnesota Hockey Hard Ice Divider Subsidy Program for the coming season. The hard ice dividers, along with junior size goal frames, have been instrumental in the growth of cross and half ice games across the state as more and more youth programs have embraced age-appropriate skill development.

Minnesota Hockey affiliated associations that register to purchase a "hard divider" system can apply for a \$2,500 subsidy through the program. Associations will also be able to purchase the junior goal frames at a discounted price.

Over 75 associations from all over the state have taken advantage of the discount and now utilize more than 100 sets of dividers in their community arenas.



► ALIGN YOUR PASSION WITH YOUR GOALS

However you have been involved with hockey, the idea of setting goals and striving to achieve them has been part of the dialogue. Goals can be short-term or long-term, but no matter what they are, we plan to reach them through hard work, extra reps, additional coaching, and a lot of sweat! So what might get in the way of achieving them, even if we have the tools, resources, and a solid plan?



Passion. Passion for the journey. Passion for the process. Without this passion, there is a very strong likelihood that you won't achieve the stated goal, worse yet, if you do accomplish the goal, could it feel a little unfulfilling?

Understanding and aligning these personal passions with a stated goal is just as important when discussing financial goals. How have you aligned your philanthropic, social, and environmental passions with your stated financial goals to provide more meaning? If you would like to learn more about how to do that, please contact a UBS Financial Advisor today. UBS Financial Services is a proud sponsor of Minnesota Hockey. ubs.com

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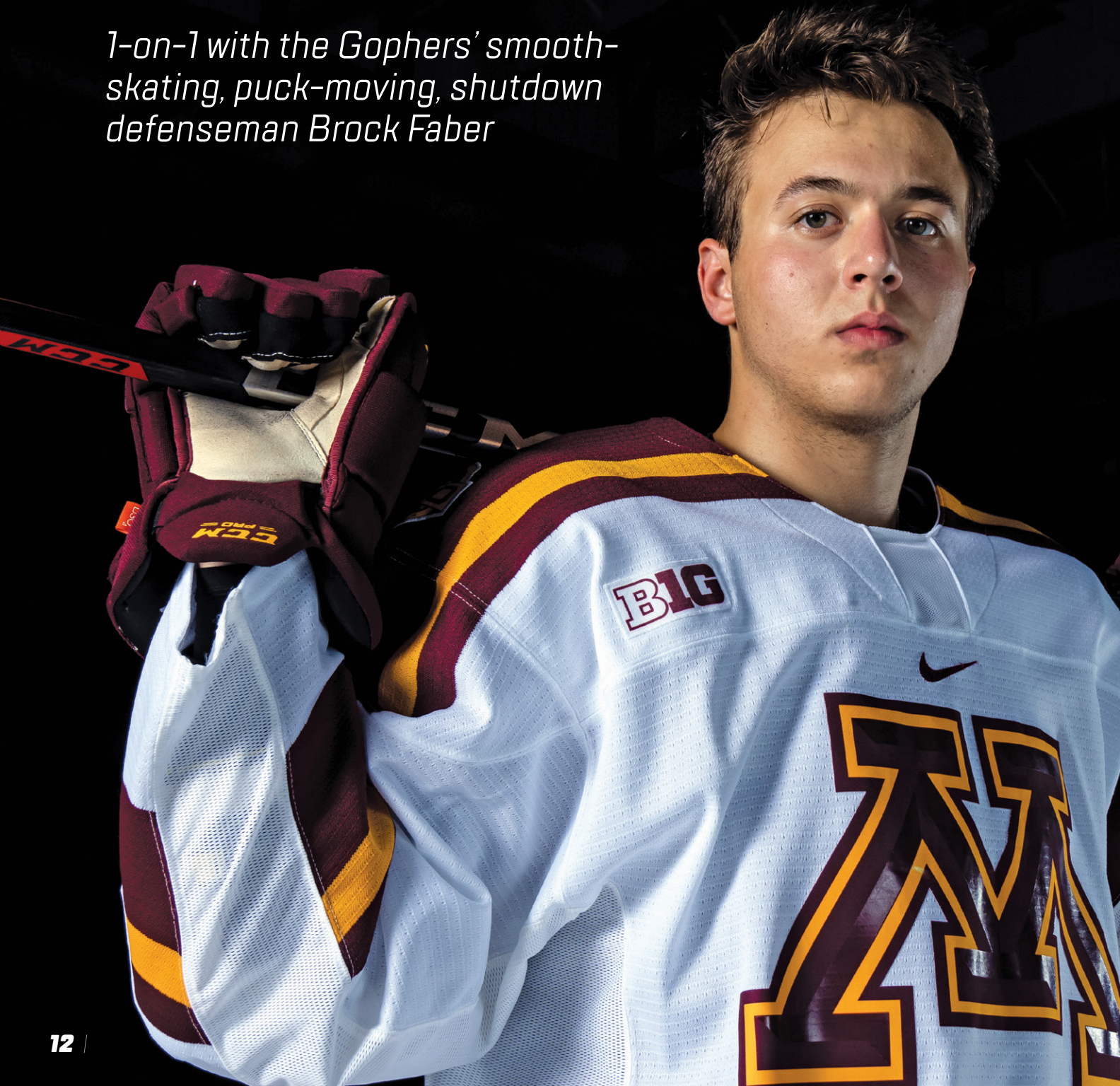
SUMMER CAMPS 2022

MAY 31-JUNE 3 @ FARGO/MOORHEAD
JUNE 10-11 @ DULUTH HERITAGE
JUNE 13-15 @ HERMANTOWN
AUGUST 7-12 @ SHATTUCK-ST. MARY'S
AUGUST 15-18 @ DULUTH HERITAGE
AUGUST 22-25 @ RICHFIELD
AUGUST 22-25 @ TRIA RINK - ST. PAUL

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UNFAZZED

1-on-1 with the Gophers' smooth-skating, puck-moving, shutdown defenseman Brock Faber





NIGHT AFTER NIGHT, Brock Faber is tasked with shutting down opposing teams' top scorers. The Gophers' sophomore defenseman and two-time World Juniors selection shared some of his fondest memories of youth hockey, skating tips, playing under pressure and more.



MHJ // What are some of your best memories playing for Maple Grove?

Brock Faber // The one memory that sticks out the most is taking bus trips to out-of-town tournaments. I had tournaments in Roseau for two years of Squirts, two years of Peewees, and two years of Bantams. That was a lot of fun. They were the first real bus rides as a young hockey player and provided us a chance to bond as a team.

MHJ // Do you still talk to some of those guys you played with today?

Faber // Oh, yeah, of course. Cal Thomas was on my team growing up my whole life and actually just committed to Minnesota. Then Connor Kelly and Justin Janicke. I'm pretty close with a lot of the guys that I grew up playing with. I still call them brothers, the connection we had and how long we played for, our bond was pretty special.

MHJ // Who was your biggest mentor growing up?

Faber // I'd say my dad. He taught me work ethic, drive, character, and unselfishness before I ever played hockey. He's always gonna push me to be a better person over a better hockey player. He's changed who I am for sure.

THE FABER FILE

POSITION:



SHOOTS: Right

HEIGHT:

6'
7"

HOMETOWN:

Maple Grove

COLLEGE:



University of Minnesota

FUN FACT:

Faber helped Osseo-Maple Grove win the Bantam AA Minnesota Hockey State Tournament in 2018.



MHJ // You're one of the better skating defenders out there. Do you have any advice for young hockey players?

Faber // I never had a skating coach growing up but I honestly think a lot of it has to do with playing other sports. Working on your footwork, foot speed, agility, and athleticism will help. I think those are made through playing a bunch of different sports. Be an athlete, rather than just a hockey player.

MHJ // Any tips on handling pressure in big moments?

Faber // Just relax and stay focused. It always helps in big moments to focus on the team's success rather than your own success. But also enjoy it, have fun with it, and enjoy the moment. Those are moments you dreamed of as a kid, so sit back, relax, and take it all in.

MHJ // Growing up, was there a player you modeled your game after?

Faber // Charlie McAvoy (Boston Bruins) for sure. He's a little more offensive than me but we play a similar style of hockey. Watching games and watching McAvoy play has helped me a lot. It is important to find someone you want to play like and model your game after and McAvoy was the guy for me.

MHJ // Which coach has influenced you the most?

Faber // Curtis Janicke for sure. He has been a life-long coach for me. Curtis coached me my first year of hockey up to Peewees. He is one of the guys who's taught me most about this game, about work ethic and unselfishness. He taught that to all of us at a young age, and I think that's why we were so successful as a program growing up. **MHJ**

BROCK'S WORLD

▶ Brock Faber has a history of winning with the Red, White and Blue.

2021 IHF World Junior Championship [Gold]

2020 Under-18 Five Nations [2nd place]

2019 Under-18 Five Nations [1st place]

2018 Under-17 Five Nations [3rd place]

2018 Under-17 Four Nations [2nd Place]

2018 World Under-17 Challenge [7th Place]

STRIDE RIGHT

→ Skating Tips with Wild Coach **Andy Ness**



ANDY NESS ENJOYS WORKING WITH HOCKEY PLAYERS AT ALL LEVELS, and you never know what

rink you might find him coaching in. One day he might be working with the Minnesota Wild's injured players in St. Paul or their minor leaguers in Iowa. Another day he might be instructing 8U. And still another he might be coaching his daughter's 10U team.

"I love it," said Ness, the Wild's skating and skills coach and director of the ProEdge Power hockey camps. "It's such a variety. It keeps us fresh."

While there's a big difference between the youth players and professionals, Ness says that one thing that's the same is the importance of developing habits.

"I think the biggest thing at all levels—and we're talking 8U through the pro level—is habits. At every level, there are certain habits that you just have to ingrain yourself with."

Here are some tips from Ness to help develop and maintain good skating habits:

▶ RINSE AND REPEAT

Keep the basic elements of skating in mind as you play hockey. Don't just practice them during skating drills.

"When we talk about skating, we talk about balance, edges, knee bend," Ness said. "Knee bend is a great example of developing a habit. Getting down low, turning, crossing over, transitioning, getting your hips down, getting your knees bent. And that starts at 6U/8U and goes all the way up to the pro level."



▶ Elite hockey players are constantly working on their skating skills.

"At every level, there are certain habits that you just have to ingrain yourself with."

The goal is to create muscle memory—good muscle memory.

"We have skating habits and repeat them to really strive to make muscle memory," Ness said. "And then you have your hockey habits as well. But if kids start getting up to high school and you see the same mistakes over and over, it's really hard to retrain that."

It doesn't have to be complicated at young ages, he added.

"Obviously as kids get older and a little more mature, they become a little more self aware of their game. But just building even little habits into younger skaters is really important."

▶ USE WHAT YOU'VE LEARNED

When the skating drill is done, don't forget what you just worked on. Put those habits into your hockey game. Connect the dots, Ness said, and put it all together.

"Not only are you looking at your body position, your posture and your footwork, but now you're looking at the hockey part," Ness said. "Is your head down? Are you looking right at the puck? Or are you looking just straight ahead where you



▶ Strong edges can help you evade danger and maintain possession of the puck.

should be looking—to the space you’re skating into, or toward the area of the ice where you’re going to move the puck to?”

Maintain good stick positioning. Keep your head up. Rotate your head and shoulders when you’re power turning or crossing over and always look to the space you’re skating to.

“We want everything to work together,” Ness said.

▶ LEARN FROM YOUR MISTAKES

If you play hockey, you know you’re going to fall down. Sometimes it’s embarrassing. Sometimes it’s funny. Whatever the case, Ness said you need to think about why it happened.

“Ask questions,” he said. “I always say, ‘You know, it’s OK to fall, but just try to understand why you fell. Was I leaning back on my skates too far? Or leaning too far over them? When I came into that turn was my upper body in the right position?’

“Just be aware of why something didn’t go right. It’s not always going to be perfect, but understand why and then try to learn from it and make the correction.”

▶ SKATERS NEED COACHES

There’s a lot for players—especially young players—to remember as they develop their skating habits and incorporate them into their overall game. Coaches can help.

“Coaching, to me, is worth its weight in gold, especially at younger levels,” Ness said. “When habits start to slip a little bit, you need a coach to regain those habits. The kids might not even know that they didn’t shoulder check. They might not look to see where their winger is before getting the puck from their partner on a D-to-D pass.”

All it takes, Ness said, is a gentle reminder to stick with the good habits. You don’t have to kill a drill to talk it out.

▶ PLAY LIKE THE PROS

The best players have great habits. They skate the same way no matter the situation. And their hockey habits go right with the skating habits. Wild captain Jared Spurgeon is a great example, Ness said.



▶ Keep your head on a swivel to stay one step ahead of your opponents.

“Working with a guy like Jared Spurgeon, it’s almost like you don’t have to say anything because the habits are so ingrained,” Ness said. “Every time he goes back to get a puck, he does a shoulder check. He looks over his shoulder to check.”

That includes practice and drills, Ness said.

“If you’re doing anything, do it like you would do it in a game: Keep your head up, bend your knees, have good stick position. For Spurgeon, it’s the reps. It’s one rep after another after another, and they all look exactly the same. It’s just ingrained in him. ... Start focusing on the habits that are important if you want to play at a higher level.” **MHJ**



STATE of
HOCKEY

Dodge County



HOME ICE:
Four Seasons Arena

DISTRICT:

9

NICKNAME:
Wildcats

**2021-22
REGISTRATION
NUMBERS:**

221

PRESIDENT:
Travis Bebee

WHY THEY'RE AWESOME

After the Dodge County boys' high school hockey team returned home from its first-ever State Tournament appearance last March, coach Nick Worden pulled out his phone and opened a text message from Kasson-Mantorville's athletics director.

It was a picture of nine kids playing street hockey in the neighborhood. "I think your team has made an impact," the message read.

A year ago, Worden would have never expected to see those kids playing outside on a Sunday evening. But ever since his team took home runner-up honors at Xcel Energy Center, hockey is starting to take a front seat in the community.

"Hockey is really growing here," Worden said. "From the boys' hockey side, our success has to do with this group of kids. They really were the pioneers of having success at the Pee wee and Bantam levels, and they helped to get other kids to come along and maybe take hockey a little more seriously."

The connection between Dodge County's high school and youth programs is as strong as ever, and it's giving the program the momentum it needs to grow.

FOSTERING FRIENDSHIPS

Dodge County draws hockey players from seven different school districts: Blooming Prairie, Triton, Kasson-Mantorville, Byron, Pine Island, Zumbrota-Mazeppa and Hayfield.

The kids skate together during the winter months, but many of them will cheer or play against each other throughout the year in other sports.

► Dodge County varsity players take a hands-on approach to growing the game in their community.

“In the fall, they’re all running each other over on the football field,” Worden said. “And then all of a sudden, when winter starts, they’re best friends, they’re teammates and it makes us pretty unique. We try to get involved in each of the communities as best we can.”

Even though some don’t even see each other during the school day, they’re fast friends on the ice.

“It’s unique for those kids to come to the rink and play with kids from other schools,” said Travis Bebee, President of the Dodge County Youth Hockey Association. “It’s definitely a small-town atmosphere. The kids all get along and feed off each other.”

Bebee has been involved in the association in some capacity for the past 13 years. He’s been pleased to see more players become interested in playing, and credits both Worden and girls’ high school coach Jeremy Gunderson for helping to spark interest in younger skaters. Both coaches will bring their players to help the youth with practices or skills nights.

“Having those kids showing up on the ice with their jerseys on and skating with the younger ones like that—it’s absolutely huge,” Bebee said. “As far as the culture goes, it’s become a lot stronger since we’ve built that relationship with the high school players and coaches over the past few years.”

Participation has increased, too. Just this year alone, 112 of the association’s 221 registered players are Mites/8U.

“It’s definitely growing a lot,” Bebee said. “We have a lot of families or parents who have hockey knowledge and bring that to the table, as far as coaching. Many of them want to be involved and help.”

BUILDING MOMENTUM

To help foster growth, Dodge County created the girls’ hockey Buddy Program. A youth player is paired with a high school player, and they



“It’s a big step we’re taking. The youth has to support the high school; that high school has to support the youth. We have to try to work together as much as possible.”

—Nick Worden

Dodge County boys’ varsity head coach

mentor each other throughout the season. They discuss hockey, give each other tips, go to each other’s games and have pizza parties.

The program has been a huge hit among all ages.

“It’s the biggest recruiting tool,” Gunderson said. “It keeps those players involved and wanting to be in that role at some point in their lives.”

Gunderson has been involved in Dodge County hockey since its inception in the 1998-99 season. He’s spent time coaching both boys’ high school and youth hockey, before taking on his current post as the girls’ high school head coach in 2006. Many of his former players have gone on to play college hockey, and the program has produced two top-five Ms. Hockey finalists.

“I think we put together a culture that’s conducive to play at the college level, but we try to really develop good people academically and for the community,” Gunderson said. “They learn to give back and have that respect for their community.”

That culture flows through the entire hockey program in Dodge County, thanks to its commitment to growth, and connecting skaters of all ages.

“We’re still a work in progress, but we’re trying to get our high school and our youth to work together more and hear the same lingo,” Worden said. “It’s a big step we’re taking. The youth has to support the high school; that high school has to support the youth. We have to try to work together as much as possible.” **MHJ**

by HEATHER RULE

ROO

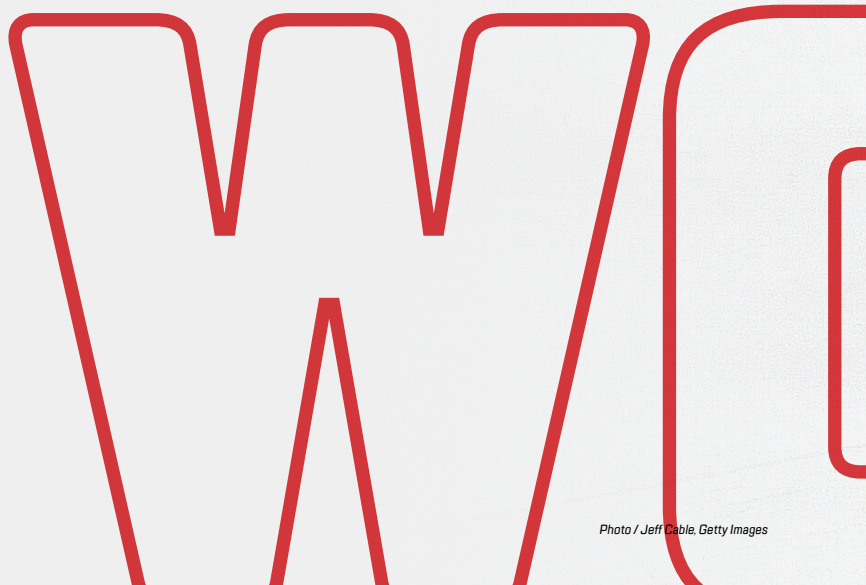
Coaching keeps Maddie Rooney sharp in pursuit of second Olympic gold

Olympic gold medalist **Maddie Rooney** has a unique way to stay sharp on and off the ice as a hockey goalie: Coaching.

“Because you’re teaching basic things and concepts to younger and high school goalies, it’s kind of a reminder to myself, ‘oh, I should be doing that on the ice as well,’” said Rooney.

“I’ve always enjoyed it (coaching) in that sense.”

Rooney, 24, is in her second year coaching the defense and goaltenders as a varsity assistant coach with the Centennial High School girls’ hockey team. Also this season, she’s a volunteer goalie consultant with her alma mater, the University of Minnesota Duluth women’s hockey team. Rooney has also been training with the U.S. residency program in Blaine to prepare for the 2022 Winter Olympics this February in Beijing.



NEWS



► Rooney solidified her place in American hockey history with a gold medal-clinching shootout victory against Canada in 2018.

ROONEY'S WORLD



MADDIE ROONEY

POSITION:

G

HEIGHT:

**5'
6"**

HOMETOWN:



COLLEGE:



University
of Minnesota
Duluth

FUN FACT:



Played soccer
and softball.

► Rooney is UMD's all-time career saves leader with 3,449 stops.

A NEW CALLING

Though she had to withdraw from the International Ice Hockey Federation Women's World Championship in August because of a lower body injury, she's back at 100%. She helped the U.S. tie the My Why Tour against Canada 2-2 with her 26-save shutout in a 2-0 victory Nov. 23 in Ottawa.

On the coaching side, Rooney has coached goalies since her prep career started at Andover High School. She always knew she wanted to pursue coaching, even if she didn't know when the opportunity would arise.

Last year, her youth hockey coach, Sean Molin, took over as head coach of the Centennial girls' program. Rooney seized on the great opportunity when Molin called.

"It was kind of right place, right time," Rooney said. She enjoys being involved in coaching and giving back, though her time is more limited this year with the U.S. residency.

Her approach to coaching is different for each goaltender, because each one needs to work on her own thing, Rooney said. She often preaches having a good base of movement, a skill she was taught as a youth



► After winning gold, Rooney made a surprise visit to her alma mater Andover High School where she received a standing ovation.



player and she said made her successful. Rooney makes it a point to spend time at the start of each practice having players work on their movements.

She also sees “puck play” as something that can be incorporated more into high school hockey.

“I think that really differentiates the elite goalies from the good goalies,” Rooney said. “So I’ve been trying to bring that more to the Centennial team as well, the goalies.”

TIME MANAGEMENT

On top of the U.S. residency and Centennial job, Rooney took on another task: goalie coaching and consulting remotely for UMD. She’s the all-time career saves leader for the Bulldogs with 3,449 saves.

“You don’t have to be 6-foot-4 to be a good goaltender. I think you just make up for it in other ways. I like to think that **I use my athleticism and quickness to make up for my size.**”

ROONEY'S WORLD

I'm constantly using the resources that we have available to the team to continue to sharpen my mental skills."

► Rooney relies on her athleticism to make big saves.

She stays in contact with the Bulldogs coaching staff and watches videos of games and practices to offer her advice to the team from afar. She also helps coordinate the weekly goaltender practice plans.

"I have a lot of other time commitments this year, so it was kind of limited on what I was able to do," Rooney said.

She still finds time to relax when she's away from the rink. Spending a few years in Duluth for school and hockey, Rooney said she got accustomed to the outdoors, so she loves going for hikes, walks and generally spending time outside.

"That's my escape from things," she said.

Another way she escapes from the busyness of her life? Rooney just moved in to a brand new house in Hugo. Planning for that and buying home décor takes up some of her time as well.

STAYING FOCUSED

Rooney's most famous moment in her hockey career was her gold-medal-clinching

save on Canada's Meghan Agosta to help lead Team USA to a 3-2 shootout victory at the 2018 PyeongChang Olympic Games.

Obviously the shootout and gold medal are highlights. But for Rooney, it was really special walking into the opening ceremonies "hand-in-hand with all the other elite Team USA athletes," she said. That was the moment that really made her realize she was at the Olympics, looking up at the crowd and seeing a packed stadium.

Her other favorite memory happened before the Games even started, when Team USA played Canada in "The Time Is Now Tour" Dec. 3, 2017 at Xcel Energy Center in St. Paul. Canada won 2-1 in overtime, but Rooney got the nod in net.

"Just having my whole family there and playing in front of them, that's something that I'll always remember as well," Rooney said.

Since winning the gold medal, Rooney returned to play with the Bulldogs for the 2018-19 and 2019-20 seasons. She also earned a spot on the 2019 and 2020 IIHF Women's World Championship teams and joined the professional ranks for 2020-21 with the Professional Women's Hockey Players Association (PWHPA).

The mental side of the game is a huge part of hockey, especially for goaltenders, Rooney acknowledged. Her variety of experiences the past few years have caused her to become stronger mentally, she added.

"Just from being in the Olympics, going back to college, going in and out of college on the national team, those were definitely mental challenges in itself that caused me to develop as an athlete," Rooney said. "I'm constantly using the resources that we have available to the team to continue to sharpen my mental skills."

She also continues to move forward approaching each day with an "I can be better" mentality. Whether that's part of the national team, with the PWHPA or working one-on-one in practice, coming in with that mindset that she can get so much better and that she wants to be better has allowed her to "develop and continue to develop," she said.

Being named to the 2022 Olympic roster to have another shot at a gold medal for Team USA is very special for Rooney, she said. Even being on the residency roster alone "is very humbling," she added.

"To be back again, to the opening ceremonies, back on the Olympic stage will just mean so much to me," Rooney said. **MHJ**



Lamp **lighter**

by Steve Mann

Dani Burgen buries 100th high school goal—but she's not done yet



CHISAGO LAKES HIGH SCHOOL STANDOUT DANIELLE BURGEN is on quite a run.

She competed in the 2018 and 2019 USA Hockey Youth National Championships, winning the title in 2018 with her 14U team; won gold in 2020 with the U.S. Under-18s in Slovakia; led Chisago Lakes to their first-ever Minnesota State High School Hockey Tournament appearance last season; earned a spot on the 2022 U.S. U-18s team; and committed to UMD.

Oh, and the senior tallied her 100th career high school goal in early December as she gears up for the 2022 U-18s in Sweden. In recently sitting down with *MHJ*, Burgen reminisced about hometown pride, the tourney, representing her country and more.



I am proud to be a part of Chisago Lakes because we are a small town with a lot of talent. I'm not only talking about hockey talent but who the team is off the ice as well. We are filled with energetic, encouraging and hard-working players, which is exactly what you want on a team.



MHJ // What are some of your favorite memories growing up playing for Chisago Lakes?

Dani Burgen // My favorite memory growing up playing at Chisago is scoring 10 goals in one Mite game. Also playing all those years with one of my best friends, Jenna Lawry (freshman at UMD). It was definitely tough knowing I won't get to play with her this year, but it makes me that much more excited to play with her again next year. Things like working with young kids and teaching them to love the sport, making new friends and most of all just growing up playing the sport I love.

MHJ // What was it like representing Chisago Lakes at State?

Burgen // Not that the regular season didn't matter, but being at State was a different atmosphere. The community really embraced our team and had a huge sendoff with tons of people on the streets cheering us on as we drove by. Heading to the

“Finding words to describe the feeling of putting on the USA jersey is extremely hard. It honestly for me was breathtaking.”

► Burgen is one of the top goal-scoring threats in Minnesota.

games on the bus with the team knowing what we were playing for just sparked a fire in everyone. Not one person didn't have a smile on their face.

MHJ // Is there some extra pride being from a smaller town?

Burgen // I am proud to be a part of Chisago Lakes because we are a small town with a lot of talent. I'm not only talking about hockey talent but who the team is off the ice as well. We are filled with energetic, encouraging and hard-working players, which is exactly what you want on a team. It is cool to see what a small town can accomplish and make it to places just like the well-known schools. The way I think of it is it's not about where you are from, it's about who you are, and to me Chisago Lakes is a family.



**THE
BURGEN
FILE**

POSITION:

F

SHOOTS: Right

HEIGHT:

**5'
6"**

HOMETOWN:

Lindstrom

COLLEGE:



UMD

MULTIPLE SPORTS:

Softball and tennis

FUN FACT:

Models her game after fellow Lindstrom native and current Los Angeles King Blake Lizotte.



MHJ // How does it feel to be in the spotlight and having raised expectations?

Burgen // It can be tough knowing people have high expectations of you, but for me it only pushes me to take a step higher. I try to not worry what others think and just do what I need to do to excel and make myself better. I take advantage of my mistakes and make it a learning experience to keep expanding my game even more. I honestly like the pressure.

MHJ // What does it mean to represent your country?

Burgen // Finding words to describe the feeling of putting on the USA jersey is extremely hard. It honestly for me was breathtaking. I got chills throughout my whole body, and a huge smile on my face just appeared.

MHJ // What are your strengths as a hockey player?

Burgen // I am not afraid. I use my size and strength to win puck battles and push through opposing players. I focus a lot on my speed and use it at the right times. I am very aware of my surroundings on the ice and use time and space to my advantage to create opportunities for my teammates. Lastly, I believe I work extremely hard. I am always pushing myself even when I think I can't go anymore.

MHJ // Any advice for younger players?

Burgen // Always give it your best effort. My dad (Chisago Lakes coach Dave Burgen) created this acronym called FEAT, which stands for Focus, Effort, Attitude, and Tenacity, which are all key components to being a successful hockey player. If you leave one out it will be a way of holding you back from being that much better. Mentally, there is one word I base my game off of. The word is 'resilience,' which USA Hockey emphasizes a lot. I have always been taught when things don't go your way you need to bounce back and come back with something even better. **MHJ**

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SCAN TO LEARN MORE



Don't Play Hurt

We need to start treating mental health like we treat physical injuries

I STOOD ON THAT BRIDGE IN UPSTATE NEW YORK IN 2015 AFTER OUR ST. SCHOLASTICA MEN'S TEAM'S FRIDAY NIGHT GAME.

I was contemplating jumping. I had enough of the battles. As a former hockey player turned longtime college coach (32 years to be exact), I hated to lose, but this was a game I felt there was no other way to win than by that forfeit of life.

I came back down from that bridge, but my mental health continued to deteriorate with the depression taking over. Just a few weeks later, still acting out of sorts, our women's hockey coach at St. Scholastica, Jackie MacMillan, contacted my wife. She could tell I wasn't myself. Jackie helped save my life.

From that point on I began seeing a therapist. And I'll be honest, sitting on that couch, I really, really didn't want to go. It wasn't easy. In fact, it was incredibly hard. But all things worth doing are. So, I went in. And I continued to go back. Things started to get better. I was getting the help I needed, and I found a confidence in claiming my story and recognizing the need for more in the hockey world to talk about mental health like they do an upper-body or lower-body injury.



Together, let's change the culture and destigmatize mental illness in hockey.

"We don't play hockey hurt, why do we continue to go through life with mental illness un-remedied?"

When it comes to mental health, we as a society, we keep it a shameful secret, afraid of how others will judge us, deem us crazy. So, we hide. That's why we don't see those struggles until they're too late. It's hidden behind a smile, or behind rage, or any other number of emotions or masks that we decide.

It starts with a conversation. A friend asking if you're OK. Having those hard conversations are so incredibly important in ending the stigma around mental health. It's not a dirty word. It doesn't make you any less of a man or woman or athlete. In fact, the strongest people I know are those

who seek the help they know they need in order to better their mental health situations.

We don't play hockey hurt, why do we continue to go through life with mental illness un-remedied?

So, this is my call to action to you, hockey family. Let's talk. Let's create a new conversation around mental health. An open conversation, and an accepting one.

We often call the hockey community a family. A brotherhood. A sisterhood. The support of our hockey family is unlike any other. Lean on that. Use that. Be open with one another and be there to lend a helping hand off that bridge (before we are on the bridge). I'm always here if you need to talk. **MHJ**

Mark Wick is an assistant coach with the Augsburg men's hockey team and mental health advocate.



→ Wild GM Bill Guerin fulfilling his dream of guiding Team USA into Beijing

GAME ON, GUERIN

Editor's Note:
At press time, Olympic rosters had not been chosen and the NHL was still participating.

IN JUST HIS THIRD YEAR, Bill Guerin has retooled the Minnesota Wild into what looks to be a serious contender in the West.

His work has not gone unnoticed. Just one month ago, he was tasked by USA Hockey with putting together the U.S. Men's

Olympic roster, a team he made as a player three times.

For Guerin, after years of putting on the USA sweater in multiple international tournaments, he's ecstatic to see life on the other side of the desk.

"This is actually a dream of a lifetime, and something that I take with tremendous pride," Guerin said. "It's been a crazy year, there are a lot of questions still out

"This is actually a dream of a lifetime, and something that I take with tremendous pride."

– Bill Guerin

there. But our focus right now is to put together the best team we possibly can to compete for a gold medal. And, with the deep player pool that we have in the United States now, we feel that that's capable."

USA Hockey believes Guerin has the pedigree to build a tremendous team.

"Billy's always known for a big time character guy, and it



▶ Guerin played in the 1998, 2002 and 2006 Winter Olympic Games for Team USA.

is in that that he is in this position today,” U.S. Hockey Hall of Famer John Vanbiesbrouck, USA Hockey’s assistant executive director, said. “Great experience and leadership and honesty. And I think that means a lot to us as we communicate to the players and they know that we have a guy with a very strong voice, and he’s going to back it up. That’s how he was as a player. And it appears that’s the way he is as a manager. And so we’re very fortunate.”

Two Legends Tasked to Lead

Alongside Guerin, his former USA teammate and roommate, Chris Drury, was named assistant GM.

This February, when the Americans head over to Beijing, China, it will be Guerin and Drury, two of the great USA Hockey players of all-time, who will be tasked with trying to build a gold-medal-winning squad.

Guerin, a U.S. Hockey Hall of Famer who played 18 years in the NHL, scored 429 goals and won four Stanley Cups—two as a player in New Jersey and Pittsburgh, two as an executive in Pittsburgh. The Worcester, Mass., native wore Red, White and Blue in the 1998 Olympics in Nagano, the 2002 Olympics in Salt Lake City and the 2006 Olympics in Torino. He won the silver in 2002, but it was in 2006 that he was actually roommates with his new assistant GM.

They joked they had the longest pregame nap in the history of Olympic hockey.

“It was incredible,” Guerin said. “Our game didn’t start ‘til like 9:30 at night. I think it might have been the first game of the tournament for us. So we were still a bit jet lagged.

“And we went through our regular game-day routine, and we went back to take our nap, but it was like seven hours to the game.

“I think the player pool in the United States just keeps getting better. It keeps getting deeper and deeper.”

– Bill Guerin

And we ended up taking a five-hour pregame nap. It was incredible.”

Drury is simply a winner.

He won a NCAA title with Boston University, the Hobey Baker Award, Calder Trophy and a Stanley Cup with the Avalanche.

But before all that, not only did Drury win the national peewee championship in hockey, Drury also pitched a complete game, five-hitter and knocked in two runs to help win the 1989 Little League World Series against Chinese Taipei for his hometown of Trumbull, Conn.

“I watched that in Lake Placid, I think, at World Junior tryouts with his brother, (Ted),” Guerin said. “We were all gathered around this TV in this motel we were staying at and watched that, and it was pretty hilarious.

“He’s a winner. Always has been. And with all the success he’s had, he’s just an extremely humble guy.”

Scouting Report

Goaltending and defense seem to be the Americans' biggest strength.

They have a luxury of riches in goal, but it won't be easy to choose between Anaheim's John Gibson, Winnipeg's Connor Hellebuyck, Vancouver's Thatcher Demko, Toronto's Jack Campbell and Florida's Spencer Knight.

On the blue line, there's reigning Norris Trophy winner Adam Fox, Charlie McAvoy and studs like John Carlson, Jaccob Slavin, Seth Jones and Quinn Hughes.

"It's really good," Guerin said of the defense. "As good as there's been for the United States."

Up front, Auston Matthews and Patrick Kane are locks, while the great forward group could include a variety of talented players like Matt and Brady Tkachuk, Kyle Connor, Max Pacioretty, Alex DeBrincat, J.T. Miller, Dylan Larkin, Johnny Gaudreau and, depending on his health after recent neck surgery, Jack Eichel.

The Top Minnesotan Candidates:

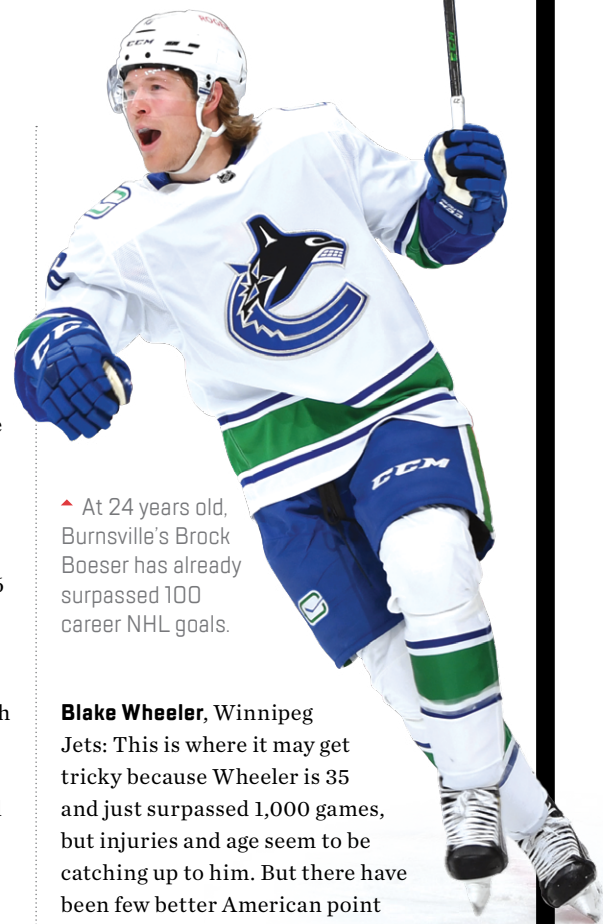
Editor's Note: *At press time, Olympic rosters had not been chosen and the NHL was still participating.*

Brock Boeser, Vancouver Canucks: The 24-year-old Burnsville native is right-shot sniper who made the All-Rookie Team after a 29-goal-in-62-game rookie season a year after winning the NCAA national championship with North Dakota. Internationally, he once captained the U.S. to bronze in the Hlinka Gretzky Cup and won bronze at the 2016 World Juniors. He has scored 105 goals and 225 points in 280 NHL games.

Jake Guentzel, Pittsburgh Penguins: Such a stud hockey player. The 27-year-old simply scores. In 2017 while winning a Stanley Cup with the Penguins, Guentzel scored 21 points in the playoffs, tying Dino Ciccarelli and Ville Leino's NHL rookie playoff record for scoring. His 13 goals were one off Ciccarelli's NHL playoff record during his rookie year with the North Stars. He has 136 goals and 284 points in 323 games.

Ryan McDonagh, Tampa Bay Lightning: Guerin wants to have a quality mix of youth and veterans. If that's the case, how can you not put this 32-year-old St. Paul native on the team? The two-time Stanley Cup champ, 2007 Minnesota Mr. Hockey from Cretin-Derham Hall and former New York Rangers captain is just Mr. Steady when it comes to a two-way brand of hockey and impeccable leadership. He's also represented the U.S. in several international competitions, including the 2014 Olympics in Sochi.

◀ Woodbury's Jake Guentzel is a point-producing machine for Pittsburgh.



▲ At 24 years old, Burnsville's Brock Boeser has already surpassed 100 career NHL goals.

Blake Wheeler, Winnipeg Jets: This is where it may get tricky because Wheeler is 35 and just surpassed 1,000 games, but injuries and age seem to be catching up to him. But there have been few better American point producers than him during his time with the Jets. In fact, since 2013-14, only Chicago's Patrick Kane, a future Hall of Famer, has more points than Wheeler's 592 in 631 games among U.S.-born NHLers. He was also on the 2014 Olympic team.

Other candidates: Edina's Anders Lee, Warroad's Brock Nelson, Lakeville's Jake Oettinger, Winnipeg's Nate Schmidt, St. Louis' Justin Faulk.

"You wish everybody could come," Guerin said. "But we have to build the best team we can. Not just the best group of players. You've got to build a team."

In It to Win It

Guerin comes from a great era of American hockey players, one that included the likes of Chris Chelios, Keith Tkachuk, Jeremy Roenick, Brett Hull, Tony Amonte, Gary Suter, Brian Leetch, Mike Richter, Vanbiesbrouck and so many others.





▲ St. Paul's **Ryan McDonagh** played in the 2014 Winter Olympics and won two Stanley Cups with Tampa.



"Why go if you're not?" Guerin said. "I think the player pool in the United States just keeps getting better. It keeps getting deeper and deeper. And I just think USA Hockey's done a tremendous job over the past 20 years of really kind of rebooting things and just developing players and making the sport popular, making it accessible to so many more people so we get those great players."

"You see players coming from everywhere. We didn't have anybody from California. I mean, look at Auston (Matthews). He's from Arizona. Like, nobody came from Arizona. And now we have one of the best players in the world, one of the best American players ever. He's from Arizona."

"It's great. I think it's fantastic." **MHJ**

Michael Russo writes for The Athletic. He's in his 17th season covering the Wild and 27th covering the National Hockey League. He hosts the Straight From The Source podcast on the Athletic and co-hosts the Worst Seats in the House podcast on the Talk North Podcast Network. Both podcasts can be heard wherever you get your podcasts. Russo can be heard weekly on KFAN (100.3-FM) and seen throughout the hockey season on Bally Sports North and the NHL Network. Follow Russo on Twitter and Instagram at @RussoHockey. To subscribe to The Athletic at a discount, go to theathletic.com/straightfromthesource.

▶ Since 2013-14, only Patrick Kane is the only American that has produced more points than Plymouth's **Blake Wheeler**.



There was a personality to those teams, they were beloved, and they were honored to don the American colors.

"Salt Lake was great. I mean, they're all great. They really are," Guerin said. "But it's just being able to play in your home country. That was really special. Before the gold-medal game against Canada, we're sitting there getting ready for warm-ups and you can already hear the USA chants, things like that. And I always thought just being the village, being in the dining hall and all the athletes from all over the world and just kind of coming together, it's just really cool."

"It's what sports is all about because there are some athletes that they know they're not going to win a medal. But they train just as hard as everybody else. They go to compete, and they go to be Olympians, and that's how special it is. And I just think that's really great. It's an awesome event. I've been so fortunate to be in as many as I have been."

Guerin is in it to win it.



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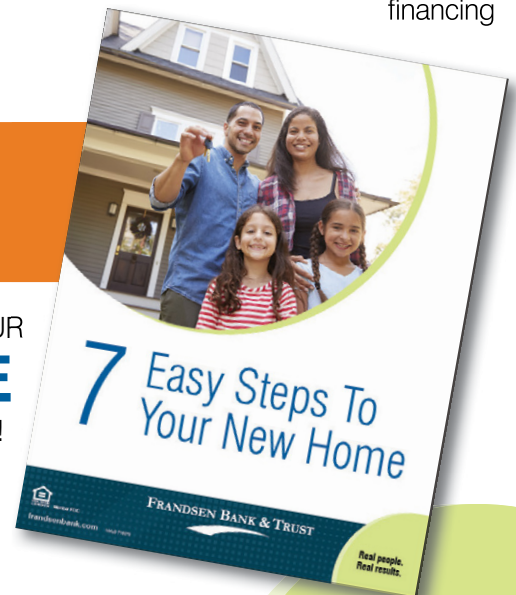
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