

ATHLETIC EVOLUTION

STRENGTH & CONDITIONING

ATHLETIC EVOLUTION

Haverhill Valley Forum - Mezzanine Level

One of the unique features of the Haverhill Valley Forum is the presence of a 3,000 square-foot training center. Operated by Athletic Evolution, a Woburn-based athletic performance company, this facility serves as the physical training center home for the Valley Junior Warriors program.



Owned and operated by former Reading High School and Syracuse University standout Erik Kaloyanides, CSCS, the center features state-of-the-art equipment and experienced, certified strength conditioning coaches. Athletic Evolution provides in-season and off-season, structured strength and conditioning programs for the Valley Junior Warriors to improve overall strength, conditioning, speed, flexibility, agility, and body control while also mitigating the risk of injury. The partnership with Athletic Evolution sets the Junior Warriors program apart as it is one of the few junior hockey programs in the country that offers in-house, year-round physical training services to its players.

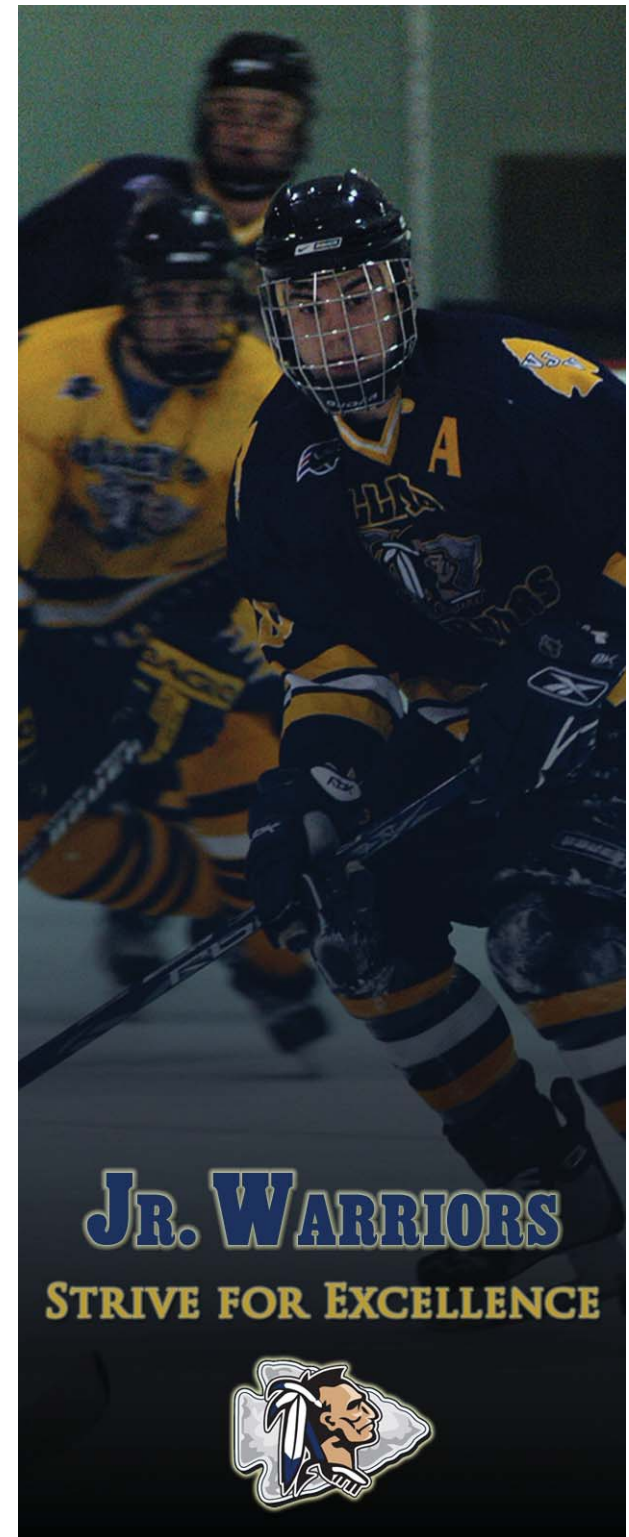


HAVERHILL VALLEY FORUM

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The Haverhill Valley Forum opened its doors for the first time in February 2007. The state-of-the-art, twin rinks facility is one of the premier rinks in the Northeast. The Valley Forum serves as the official "home" of the Valley Junior Warriors, equipped with a spacious team locker-room and players lounge.

- * Two 200' x 85' playing surfaces
- * 12 locker rooms, including a Valley Junior Warriors lockerroom and players lounge
- * Full-service pro shop with skate sharpening
- * More than 800 spectator seats
- * Glassed-enclosed mezzanine level
- * Arcade and concessions onsite
- * Only 30 minutes from Boston conveniently located off of Route 495 - Exit 48



JR. WARRIORS

STRIVE FOR EXCELLENCE



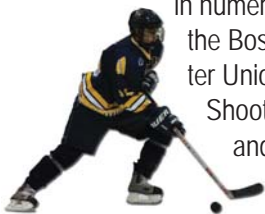
HISTORY OF EXCELLENCE

The mission of the Valley Junior Warriors program is to provide a highly-competitive and supportive environment that will allow players to maximize the development of their individual athletic skills to a National and International level of prominence. The player development program objectives are achieved through an expansive and intensive practice and player training regimen under the direction and supervision of the dedicated full-time staff of highly respected professionals.

The Valley Junior Warriors have set a standard of excellence by winning 33 State Championship titles at all levels while representing Massachusetts Hockey as state champions at multiple national USA Hockey Championships. The Warriors have – in 10 years – placed 105 alumni in various Division I and Division III college programs.

COMPETITIVE ENVIRONMENT

As one of 14 teams competing in the Eastern Junior Hockey League (EJHL), the Valley Junior Warriors face the best junior hockey talent this country has to offer. The EJHL consists of seven teams from Massachusetts (Haverhill, Tyngsboro, Marlboro, Boston, Bridgewater, Walpole and Rockland), three from New York (Long Island, Albany and Syracuse), one from Connecticut (Enfield), one from New Jersey (Bridgewater) and Vermont (Burlington). From September through March, league members take part in 48 regular-season games. As a result of its location in the Northeast, the EJHL has established itself as a perfect proving ground for players competing for a Division I college scholarship. The EJHL leads all leagues in the United States with nearly 200 former EJHL players rostered on Division I college teams in the Hockey East, ECAC and the Atlantic Hockey Conference. For added exposure to college coaches and professional scouts, the Valley Junior Warriors compete in numerous showcase tournaments in the Boston area including the Manchester Union Leader Classic, Junior Bruins Shootout, Hockey Visions Showcase and the annual Warrior Classic tournament in November.



COMMITMENT TO EDUCATION

While honing one's hockey skills is a main objective, the Valley Junior Warriors are also committed to preparing those young players who are looking to move on to college teams for the academic challenges. The Valley Junior Warriors require all post high school players to take at least one college course per semester. This allows the student athlete to transfer acquired credits into the college he chooses to attend as a full-student. As a result of the program's superior location on the North Shore, student athletes have access to two outstanding academic institutions: Merrimack College and Northern Essex Community College. Both schools are located less than 15 minutes from the Haverhill Valley Forum. SAT preparatory courses are also offered through private instructors to help players improve their scores.

JUNIOR TEAM COACHING STAFF

Andy Heinze is director of hockey operations for the Valley Junior Warriors and is the head coach and general manager of the Valley Junior Warriors Junior team. In his first year as coach of the Junior team, Andy was honored as the EJHL Coach of the Year. He received that honor once again in 2001. Andy, a former captain of the 1989-90 Merrimack College team, began coaching at his alma mater in 1993 following a three-year professional career in Europe. Andy holds the Merrimack school record for most games played with 144 and currently ranks 10th on Merrimack's all-time scoring list with 77 goals and 89 assists for 166 points.



Fred Devereaux currently serves as the Director of Player Development for the Valley Junior Warrior teams. Fred is currently an NHL scout with the Calgary Flames and has been a NHL scout for 20 years. Fred has over 30 years of Hockey School experience in the United States and Canada. He also has coached at every level from Youth to Pro Hockey and has helped developed several present National Hockey League players.



JR. WARRIOR COACHING STAFF

Bob Carpenter joined the Valley Junior Warriors staff as program development director in 2006 after a celebrated professional hockey playing and coaching career. A St. John's Preparatory School standout from Peabody, Carpenter was the first U.S. Citizen to be drafted into the NHL directly out of high school. As an NHL rookie, Carpenter scored 32 goals and then set a record for American-born players when he scored 53 in his fourth year. His storied professional playing career includes stints with the Washington Capitals, New York Rangers, Los Angeles Kings, New Jersey Devils and the Boston Bruins. In his NHL career that spanned 18 years, Carpenter played 1,318 games, scoring 341 goals and 446 assists for 787 points. He also captured three Stanley Cups (1995, '00, '03) while playing for New Jersey. Following his playing career, Carpenter served as assistant coach of the New Jersey Devils and head coach of the AHL Albany River Rats.



Mike Holubowich has served as an assistant coach for the Valley Junior Warriors Junior team since the 2002-03 season. Previously to his time with the Junior Warriors, Holubowich was the head coach/general manager of the Bridgewater Bandits Junior team. In addition to his work with the Warriors Junior team, he handles head coaching responsibilities for the U16 Valley Junior Warriors and manages the Warriors skills program. Holubowich's impressive resume includes 16 years of working with Paul Vincent's Dynamic Skating. Following a high school career at New Prep, Holubowich went on to graduate from Westfield State College in 1987. In addition to his hockey duties, Holubowich is sales representative for Pop Tops Sportswear. He also enjoys golf and raising his 5-year-old daughter Julia.

