



Who's Who

in the BREAKFAST CLUB

Tim Beaven

Years Playing Hockey: This will be my 6th season; third session with the BC

BC Location: Dearborn

Occupation: Millwright at Severstal NA (used to be Rouge Steel)

What were your expectations when you signed up for the Breakfast Club?

Good coaching from people who played a lot longer than myself and good, hard workouts. I wasn't disappointed on either point.

Why did you sign up for the BC? Having played defense almost exclusively I wanted to work on the offensive side of my game.

How have you benefited by participating in the BC? I've gained confidence carrying the puck and trying to create good chances for my linesmates and myself.

What's your favorite part of the BC? Skating at the Joe!

What advice would you give to someone that is interested in starting to play hockey? Get good skates. Don't worry about making mistakes and have fun, it's just a game. Don't take it too seriously.

Martha Vartanoff

Years Playing Hockey: 1

BC Location: Suburban Ice - Farmington Hills

Occupation: Software Support Analyst

What were your expectations when you signed up for the Breakfast Club?

That I would learn how to play better and skate better.

Why did you sign up for the BC? I had really never skated before I joined the Women's Beginner League at Suburban Ice last fall and wanted to learn some more skills and have more time on the ice to practice.

How have you benefited by participating in the BC? Yes. I skate better, handle the puck better and I have a lot more endurance.

What's your favorite part of the BC? Scrimmaging at the end of the session. I like the drills where there is a lot of skating (high energy) and shooting involved too.

What advice would you give to someone that is interested in starting to play hockey? Don't give up. You don't need to be a great skater to start and falling doesn't hurt that much. Find a beginner league (Suburban Ice has Men's and Women's) and sign up!

Brad Larsh

Years Playing Hockey: 6

BC Location: Suburban Ice - Farmington

Occupation: Engineer

What were your expectations when you signed up for the Breakfast Club?

I wanted to become a better skater. I also wanted to learn some good drills that I can use for the Mite team I coach.

Why did you sign up for the BC? I want to become a better/smarter player.

How have you benefited by participating in the BC? YES!!! I am having a lot more fun playing the game.

What's your favorite part of the BC? Lyle yelling at me: faster! Move your feet! HIT THE NET!!

What advice would you give to someone that is interested in starting to play hockey? Do BC. It is a lot more fun to learn the skills before playing in games, than it is to jump right into games.

Steve Connolly

Years Playing Hockey: 25

BC Location: Suburban Ice - Farmington

Occupation: Engineer

What were your expectations when you signed up for the Breakfast Club?

To improve my game and increase my confidence and enjoyment.

Why did you sign up for the BC? Because it was the only way I could think of to get good instruction and practice through repetitions. In games, and even pick-up hockey, you don't get the quality reps and instruction that you get in the BC.

How have you benefited by participating in the BC? Despite having decent basic skills and understanding through playing recreational hockey for over 20 years, I never had any instruction prior to joining the BC. I didn't have a true understanding of where my game was really at until I joined the BC. Since then, I have improved every aspect of my game. It takes some time to really see the difference in games, but it is worth it. It also helps my conditioning.

What's your favorite part of the BC? Working on my weaknesses and seeing them quickly improve. Success in the BC at performing skills gives me confidence that carries over into my games. It also keeps me on track so I don't fall back into bad habits in my regular games. It is my foundation. I think that if I didn't keep doing the BC, my game would decline.

What advice would you give someone that is interested in starting to play hockey? Forget pride and get some instruction. Start out with a good basic skill foundation. You can only get so good playing in games. Also, work hard at your fitness no matter how fit you think you are. You can't expect to play hockey to get in shape unless you are playing nearly every day. You have to be in shape to play hockey! Even if you aren't a beginner, you will benefit from the BC by working on basic skills and getting lots of repetitions.



Matt Kobliska

Years Playing Hockey: 30 +/-

BC Location: Suburban Ice – Farmington Hills

Occupation: Attorney

What were your expectations when you signed up for the Breakfast Club?

Professional instruction and conditioning.

Why did you sign up for the BC? To improve and refresh my skills. I have been in a men's recreational league for 20 seasons. When playing only in games twice a week, my skills and conditioning level were deteriorating, especially as I got older. I fell into a predictable style of play which was comfortable but well, predictable.

How have you benefited by participating in the BC? The BC pushes me out of my comfort zone and forces my playing style to be more flexible. In addition, as a youth hockey coach, I have learned a great deal about running a practice and executing drills.

What's your favorite part of the BC? High level passing and shooting drills and situational drills.

What advice would you give to someone that is interested in starting to play hockey? Keep their head up!

Joe Gattozzi

Years Playing Hockey: 6

BC Location: Suburban Ice – Farmington Hills

Occupation: Engineer

What were your expectations when you signed up for the Breakfast Club?

The first time I signed up my expectations were for modest improvements in skating, shooting and stickhandling skills.

Why did you sign up for the BC? I've been a hockey fan for most of my life, watching more games than I care to admit. My first shift on the ice, at age 40, was a real eye opener. I quickly realized that I had no clue on how to play the game properly, not to mention, my obvious lack of basic skills.

How have you benefited by participating in the BC? After the first fall program my overall skills improved dramatically. I've completed at least one BC program each year since then and my skills continue to improve. The BC program has been instrumental in giving me the confidence to coach my son's Tyke team. Without it, I would not have had the ability to demonstrate the practice drills.

What's your favorite part of the BC? Having the opportunity to ask the instructors specific questions and their ability to describe, demonstrate and evaluate technique have been my favorite parts.

What advice would you give to someone that is interested in starting to play hockey? An instructional clinic of this caliber is the best way to start. You will be surprised at how quickly improvements occur. The games become considerably less painful and a lot more fun.

Laura Slenzak

Years Playing Hockey: 5

BC Location: Suburban Ice – Farmington Hills

Occupation: Lawyer

What were your expectations when you signed up for the Breakfast Club?

I signed up for the Breakfast Club because Jim Emerson mentioned that he and Gary Perelli were in it and I figured if they enjoyed it then I would, too!

Why did you sign up for the BC? When I signed up, I expected to get a great workout and to be able to hone my skills on a regular basis. With the classes being early in the morning, I knew it would be easier to commit to going since they wouldn't conflict with work or my kids' various school and sports activities.

How have you benefited by participating in the BC? Looking back, it would be simplistic to say that improving my skills is how I've benefited from being in the Breakfast Club. Yes, certainly, without a doubt, the coaching is amazing and I have definitely improved my skills. But the biggest benefit I've gained is meeting and becoming friends with a truly great group of guys and gals – the coaches included – that I might never have otherwise had the opportunity to meet.

What's your favorite part of the BC? So, with all of that being said, my favorite part of the Breakfast Club is the people. If you're not having fun, it's not worth doing. This is definitely fun and definitely worth doing!

What advice would you give to someone that is interested in starting to play hockey? My best advice is to join. Make a commitment to yourself to get up early once each week to do something that you love to do, for the sake of "you."

Jon Lawniczak

Years Playing Hockey: 15, on and off

BC Location: The Onyx

Occupation: Law Enforcement

What were your expectations when you signed up for the Breakfast Club?

It was a chance to improve skills, but I was largely unsure of what to expect.

Why did you sign up for the BC? Improve skills.

How have you benefited by participating in the BC? Great instruction and the focus on improving hockey skills.

What's your favorite part of the BC? Shooting around! But it is great to have the time to work on individual skills, face it, you handle the puck very little during the course of a game.

What advice would you give to someone that is interested in starting to play hockey? Start and don't be intimidated!