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Daniel's Bar & Grill

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THE PROFESSIONAL CAREER CENTER

SIHA Sponsor Spotlight



In our latest edition of the Sponsor Spotlight, we are featuring the energy drink known as Red Bull. Those of you who were at this year's 3-on-3 Endurance Challenge may have met The Red Bull Mobile Energy Team when they gave a gift of energy to the players and fans. They also educated us on the benefits of drinking Red Bull Energy Drink. Did you know that one 8 oz. can of Red Bull is the perfect dose of energy? It is also important to drink water because Red Bull is not a hydrator. Red Bull's ingredients include a mix of amino acids, B-Vitamins, the same amount of caffeine as a small cup of coffee, and simple sugars, same as the sugars you would find in a banana. It is the mix of all of these ingredients that work together to give you the energy. So whenever you need a boost in energy or concentration, going on a long road trip, playing sports, or even just looking for a quick pick me up during your workday, grab a can of Red Bull, it gives you wiings!

LEADER BOARDS

Point Leaders

Mike Guilfoil	Osмосе Rangers	110
Anthony Difino	EPuck.com	109
Joe Alfieri	Daniel's Bar & Grill	106
Pat Capella	Crunch	88
Jay MacConaghy	Daniel's Bar & Grill	87
Andy Turcotte	Tucker-Haskins	71

Goal Leaders

Mike Guilfoil	Osмосе Rangers	73
Joe Alfieri	Daniel's Bar & Grill	72
Anthony Difino	EPuck.com	70
Pat Capella	Crunch	50
Greg Degilio	Crunch	47

Assist Leaders

Mike Tisdell	EPuck.com	60
Jay MacConaghy	Daniel's Bar & Grill	58
Andy Turcotte	Tucker-Haskins	43
Jim Calverase	Labatt Blue	39
Anthony Difino	EPuck.com	39

Save Percentage Leaders

Matt Saur	Osмосе Rangers	0.891
Jon Bova	Daniel's Bar & Grill	0.882
Ed Wioncek	Crisalli's	0.834
Mitch Shaw	Labatt Blue	0.833
Chris Norfolk	Crunch	0.832

Final End of Season Results

League Calendar

August 7th	Playoffs Week Starts
August 13th	All-Star Saturday
August 14th	Championship Sunday
August 20th	Awards Ceremony & Banquet

Awards Ceremony Banquet

Saturday, August 20, 2005 from 2pm - 6pm at the VFW in the Valley (West Seneca Turnpike in Syracuse). Free admission for players and only \$10 per guest. We will feature a top notch dinner from Four Seasons Catering along with free soft drinks. At the awards ceremony we will be giving awards to players for the Regular Season MVP, the league's Best Goaltender, the Best Defenseman, the hardest working player known as the "Grinder" as well as the Sportsmanship and Sniper awards. In addition, we will recognize both Division Champions, the Most Valuable Players for the Playoffs, the All-Star Game MVP and we're giving a special award to the 3-on-3 Endurance Challenge Champions. You can show up at the door but we would like to know who plans on attending. Seating is limited and is subject to cancellation if we don't have enough people to attend.

Final Regular Season Standings

TEAM	GP	W	L	T	OT	P	Pct.
1 Daniel's	20	18	2	0	0-0-0	36	0.900
2 Crunch	20	15	5	0	1-1-0	31	0.750
3 Osmose Rangers	20	13	6	1	1-0-0	27	0.650
4 Tucker Haskins	20	11	8	1	0-1-0	24	0.550
5 Team E-Puck	20	11	9	0	0-1-0	23	0.550
6 Labatt Blue	20	11	9	0	1-0-0	22	0.550
7 Hadley's	20	9	11	0	1-0-0	18	0.450
8 Streets	20	8	12	0	0-1-0	17	0.400
9 Crisalli's	20	8	12	0	1-1-0	17	0.400
10 Fat Freddy's	20	7	13	0	1-1-0	15	0.350
11 Goodfellas	20	6	14	0	1-0-0	12	0.300
12 Rosie O' Grady's	20	2	18	0	0-1-0	5	0.100

Remember: when shopping online for hockey equipment, always go to our website and click on the EPuck.com graphic for the best prices and product descriptions on the net!



All-Star Saturday

The SIHA is proud to announce that this year's All Star Game and Skills Competition is sponsored in part by EPuck.com and EmbroidMe. Unlike previous year's events where the All Star game was held after the division championships, we are dedicating a whole day to the events on August 13th, 2005 from 1 pm to 4 pm. We would also like to announce that our special guest The Red Bull Mobile Energy Drink Team will be attending this year's celebration. Players and spectators will have a chance to sample Red Bull, learn about the product and get pictures taken with the team and the Red Bull Mini Cooper promotional vehicle.

This year's event is sponsored in part by:



A Note from Red Bull Energy Drinks

We want to remind players to drink plenty of water when playing inline hockey. While drinking Red Bull Energy Drinks will improve your performance, they are not designed not hydrate you.

The Pat-Trick

Rosie O Grady's is one of my favorite spots to chill after a rough night of hockey. Great atmosphere with even better food. Wings, fries, turkey clubs and oh yeah, Wes' specialty fried pickles, (just ask Marty). So why not stop down for a beverage? Or, just to watch Stasio (Rosie's former captain) eat 10 Cheeseburgs in under 30 minutes! - Pat Favalo

Trivia Question

Which 2005 SIHA team has won all three of their appearances on the SIHA TV show? You can email your answers to: cryxvalor@syracuseinlinehockey.com

Mike's Deli Three Stars of the Week

Korey Brown	Hadley's	Shootout Goal vs Fat Freddy's
Jamie Degilio	Crunch	GW Goal in OT vs Streets
Scott Merry	Labatt Blue	8 Pts vs Hadleys

Goalie of the Week

Jon Bova	Daniel's Bar & Grill	No Losses Since 6/2/05
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Check Our Website

Make sure you frequently check out our website: www.syracuseinlinehockey.com for all of the latest league information and updates. On the website, you will also find team standings, individual player statistics, game schedules as well as much, much more. You can also send us an e-mail at info@syracuseinlinehockey.com to sign up for the SIHA e-newsletter that includes links to our site and information about the 2006 season of the SIHA.

A Word From Cyrx...

The seer of seers, the Cyrx one, has enjoyed working on this year's first ever public access TV show along with ever so enthusiastic Jimmy Gill. Now that regular season is over, the Cyrx one can't wait 'till the All-Star game, the Skills competition and especially the playoffs. Final thoughts by the Cyrx one... Crisalli's vs. Labatt's in the B division final? Or, what about last year's B division champs the Goodfellas? Have they even played in the last 3 weeks? Fat Freddy's?...well at least the bar is nice! And if you show up on a Tuesday, you may just catch a glimpse of Tobi Topshelf. -Cyrx Valor