



Jersey Shore Whalers Junior A Hockey

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The International Hockey Prospects League (IHPL) is preparing to expand operations into several new markets for the 2013-14 season and will be implementing a name change as the league continues to grow. Upon completion of the 2012-13 season the IHPL will continue operations as the North Atlantic Junior Hockey League" (NAJHL) and will be welcoming expansion teams from Maine, New Jersey, Pennsylvania and Massachusetts along with the current existing members. The NAJHL's mission will be to provide a competitive environment to help players develop and advance their skills to the next level at both the Collegiate & Junior levels.



About Us

The Jersey Shore Whalers will begin their inaugural season in the **North Atlantic Junior Hockey Division of the IHPL** during the 2013-2014 season. The IHPL gives players the age of 20 and under the opportunity to play competitive hockey after high school. The NAJHL is a non-fight college promotional development league, designed to develop young players to the college level. The league instills the concept of working closely with college coaches and higher tiered junior leagues to help players get college opportunities. The IHPL is sanctioned by AAU Hockey. AAU Junior Hockey is growing rapidly.



AAU
JUNIOR
HOCKEY
LEAGUES



What makes the Whalers and the IHPL the right choice?

The **NAJH** team will play a full season. It will be geared towards, but not limited to, talent from the Ocean and Monmouth County area. There is a good talent pool of 18-20 year old players attending Ocean County and Brookdale Community Colleges who will not have an opportunity to play for their respective institutions. The Whalers will afford these players the opportunity to play competitive hockey and continue to develop their skills in the event their next institution has a hockey program. They will play a full divisional schedule with playoffs. In addition the team will go outside the league to play junior organizations in other leagues and compete in Showcases.

What makes the Whalers different from other programs?

We make it much more affordable to play competitive junior hockey. Our staff and coaches will be highly reputable and experienced. As stated before, it is a developmental league so it is not intended only for the AAA player. Anyone who is playing or had played competitive hockey can be eligible to play for the Whalers.

Jersey Shore Whalers History:

The Jersey Shore Whalers, part of Brick Whalers Hockey has been a spring/summer program for the past 6 years. In 2012 the Whalers fielded teams at the Midget Minor U16AA and Junior Minor levels.

For more information on the Jersey Shore Whalers contact us at jswhalers@comcast.net or 732-779-0406

Coaching Staff

BRETT AIMONE: NAJHL Junior Team-Head Coach



Aimone is no stranger to hockey at the Jersey Shore. Aimone, a native of Toms River, NJ, played youth hockey for the NJ Rockets AAA organization where he finished his last two seasons with the organization's Junior AJHL team. Aimone, a defenseman, was a two time AJHL All-Star while displaying his future leadership as an assistant captain during those two years.

In 2007, Aimone began his professional career with the Valley Forge Freedom in the MAHL. Following his stint in the MAHL, Aimone spent five seasons in the AAHL primarily with the Battle Creek Revolution where he was an assistant captain in 2009. Aimone ended his professional career in 2012 with the Danbury Whalers in the FHL. During Aimone's professional career, he always saw coaching hockey in his future. In the off season he conducted youth hockey clinics at some of the local rinks around the Jersey Shore while coaching summer select and in-house teams. In 2012, Aimone joined the Battle Creek Revolution in the NA3HL as a volunteer assistant to gain more experience as a coach.

General Manager, Jay Lampiasi, believes that Aimone's playing experience; coaching ability and enthusiasm towards the game are a perfect fit for the organization and the league. "His professional experience will show results on the ice with intense and fast paced practices. The various systems he learned while playing throughout his career will be instrumental for our players in furthering their knowledge and understanding of the game. On and off the ice the team will have structure and discipline. These attributes will enhance the development and skill of our players, which is ultimately the main goal of the organization and league." The Whalers buy into the philosophy that "defense wins championships" and are confident that Aimone's defensive specialties will lead the team in that direction.

RYAN DeCEUSTER: ASSISTANT HEAD COACH-NAJHL Team NAJHL/NAJPL GOALTENDING COACH



DeCeuster, a native of Old Bridge, NJ, played his youth hockey with the NJ Rockets AAA organization from Peewees through Juniors. During his time with the Rockets, DeCauster anchored the team twice to USA Hockey's National Tournament. Both times the team made the finals capturing one National Championship at the Peewee level and a second place finish at the Midget level.

DeCeuster's success continued throughout his high school career at Christian Brothers Academy under coach Mike Reynolds. DeCeuster was the first goaltender at CBA to start varsity all four years. In 2005 CBA captured the NJ State Parochial Championship and DeCeuster was named 1st Team, All State Goaltender by the Star Ledger.

DeCeuster went on to play his collegiate hockey at Wagner College, where his streak of success continued. With DeCeuster in net, Wagner captured back to back MACHA titles advancing both seasons to the ACHA Nationals.

Throughout his years playing hockey, DeCeuster trained with two of the area's top goaltending coaches Jim Margatich and George Bosak. DeCeuster also spent time training with Nashville Predators goalie coach Mitch Korn.

General Manager Jay Lampiasi stated that is a great fit for our organization. He played his youth hockey with Aimone, and played for Reynolds in high school. Both Aimone and Reynolds know what DeCeuster brings to the table, and are confident in his abilities. Look at DeCeuster's hockey career and you will see he has been a winner everywhere he's played. That doesn't come without hard work and dedication, which is just the attitude we want in our organization."

Charlie Pens: Power Skating Coach



The Whalers are proud to add the Director of American Hockey Schools, Charlie Pens to their coaching staff. Coach Pens joins the organization as the Power Skating Coach and Head Scout.

Coach Pens is a former player, NCAA and ACHA coach, NHL guest speaker, current USA Hockey level 4 Coach, member/coach of the Ice Skating Institute, and consultant.

Coach Pens is considered an expert in Power skating concepts and training techniques throughout North America. Coach Pens has extensive experience and contacts at all levels of Hockey and brings valued knowledge and experience.

Coach Pens Services offered by **AHS** include Private Training, Power Skating Dynamics as well as **Prep and College Placement Services**.

Team Philadelphia's Junior High School Team, Sophomore Team and Major Showcase Team for Hockey Night in Boston is under the direction of Coach Pens.

General Manager Jay Lampiasi stated that Coach Pens is well respected and known throughout the industry as a disciplined, fierce competitor who demands the best from his players.



LOOKING TO PLAY JUNIOR HOCKEY

Whalers are holding **FREE** Junior Hockey Team Recruiting Camps

The Whalers will be holding a series of FREE Recruiting Camps in April and May. Players interested in attending the camps should pre-register by completing the Junior Camp Pre-Registration Form at www.jswhalers.com.

Camp Dates and Times

Friday, April 19th: 7:30 pm - 8:30 pm

Saturday, April 20th: 7:30 pm - 8:30 pm

Wednesday, May 29th: 7:30 pm – 8:30 pm

Program Highlights

- **League:**
Team Will Compete in the North Atlantic Hockey Division of the International Hockey Prospects League (IHPL)
- **AAU Hockey:**
IHPL is Sanctioned by AAU Hockey.
All Players will be insured by AAU
- **Front Office:**
General Manager, Asst. General Manager, Director of Marketing and Social Media, Director of Player Promotion
- **Hockey Operations:**
Head Coach, Asst. Head Coach, Goalie Coach, Power Skating Coach
- **Professional Physical Training:**
8 Weeks of Pre-Season Workouts With Professional Trainer. Off Ice Conditioning During Season with Team Coaching Staff
- **Medical Staff:**
EMT or Medical Trainer at All League Games
- **Uniforms:**
Home and Away Game Jerseys and Socks, Pant Shell, Practice Jersey and Socks, Team Warm Up Jacket & Team Bag, Bauer 7500 Helmet and Custom Team Gloves
- **Private Locker Room:**
Each Player Will Have Their Own Locker
- **Videographer:**
All League Games Will be Recorded and Archived for Scouts, Colleges and Affiliates to Review
- **Training Camp:**
A one (1) Week Training Camp in August Conducted by the Jersey Shore Whalers Coaching Staff
- **40+ Games:**
All League Games will consist of three (3) 20 Minute Periods Utilizing a three (3) Referee System
- **League Play Offs**
- **Showcase Tournaments**
- **60+ Hours of Practice Ice:**
Including Training Camp Ice Time
- **Lodging:**
Hotel Included for Required Over Night Stays
- **Goalie Training:**
Goalie Coach at All Practices
- **Skate Sharpening Card:**
10 Skate Sharpening

For more information on the Jersey Shore Whalers go to www.jswhalers.com



HARD-CORE FIT

-THE OFFICIAL TRAINING CENTER-

FOR THE

JERSEY SHORE WHALERS



The Whalers will undergo an intense 8 week pre season Strength and Conditioning Program with Dr. Tony Riello of HARD-CORE FIT in preparation for the season.

Hard-Core Fit's Advanced Sports Training Program (ASTP) is second to none. It is specifically designed for **athletes** to improve **strength, speed, quickness, power, explosiveness, cardio, balance, coordination** and **mental toughness**. Most importantly it is designed to **prevent injuries**. We do this through a process of joint stability strengthening and core strengthening. We implore the premise of "3 Pillars of Strength". To create the 3 pillars of strength we uniquely strengthen the shoulders, the hips and core which produces a situation of total and complete strength from head to toe. We have found our athletes performance and their ability to prevent injuries is unmatched. This system of training is time tested and proven effective for the **hockey athlete**. From the high school player to the junior player to the college player we have seen **massive** results in all aspects of their physical abilities.

Understand exactly how we get results:

JOINT STABILITY:

By definition **joint stability** refers to the resistance offered by various musculoskeletal tissues that surround a skeletal joint . In other words, the muscles that surround a joint. At HCF (Hard-Core Fit) and with the ASTProgram specifically we go out of our way and use specific exercises to build strength in the surrounding muscles of joints. Mainly, the Shoulder and the Hip. In part we do this thru instability. Instability training or Stability Training– which means we force the body off balance as we resistance train in order for the stabilizing muscles to get worked and therefore become strong.

3 PILLARS OF STRENGTH:

The major premise at Hard-Core Fit – It is a known fact that there are 3 areas of the body that tend to be the weakest and support major areas of the body. The Shoulder, Hips and Core.

Shoulder Joint Stability – This area of the body supports the upper extremities and the upper torso. Having a strong shoulder girdle creates major stabilization of the upper body from the thoracic spine into the neck. The weak area of the shoulders tends to be in the back. We do shoulder stabilization exercises at each and every work out to help prevent shoulder injuries and improve strength throughout the region.

Hip Joint Stability – The hips tend to be another inherently weak area of the body. This area when weak will not support the low back hips, knees, ankles and feet. Many back problems occur due to the weakness of the hips. We put people thru movements that challenge the hip joint thereby strengthening the joint. By adding imbalance to the exercises it increases the challenge and improves the strength further.

Core Stability – The balanced development of the deep and superficial muscles that stabilize, align, and move the trunk of the body, especially the abdominals (front and obliques) and muscles of the back. Another area other than the back and abdominals we work on that are generally forgotten are the Sides which also make up the core. Core strength goes beyond the surface muscles and asks us to utilize our deep internal muscles to maintain stability in motion. A strong core stabilized the low back as well preventing injuries to the area.

BALANCE:

The ASTP challenges your balance and coordination. The focus of balance training is teaching the brain how to quickly activate the right muscles at the right time to keep you upright. It literally resets your neurology. Balance training can help you improve your coordination and performance while reducing your risk of injury. It causes your core to strengthen.

Improves Joint Stability, especially in the lower extremities. Prevents falls and helps athletes better stay on their feet during competition.

CARDIO:

HCF uses Interval training which is built upon alternating short, high intensity bursts of energy with slower or lower recovery phases of intensity throughout a single workout. Interval training works both the aerobic and the anaerobic system. Interval training leads to many physical changes including an increase in cardiovascular efficiency (the ability to deliver oxygen to the working muscles) as well as increased tolerance to the build-up of lactic acid. These changes result in improved performance, greater speed, and endurance. We recently incorporated a concept termed Rest-Based (RBT) Training into the ASTP. This means we work to failure and then rest enough to continue. We have combined RBT and Interval training to maximize the athlete's cardio development and to enhance their strength gains as well. From my knowledge no one is using these two concepts together in any formal training program

EFFECTIVENESS:

Interval trainings effectiveness in cardiovascular build-up and also its ability to make more well-rounded athletes. However, it is also applicable to improve exercisers' aerobic capacity to exercise longer at varying intensities (Mayo Clinic, 2009). Interval training can be an effective means of enhancing an athlete's lactate threshold – i.e. increase the threshold at which lactate starts to accumulate in the blood. Lactate threshold has been shown to be a significant factor determining performance for long distance running events. This method of training may be more effective at inducing fat loss than simply training at a moderate intensity level for the same duration. This is due to the metabolism boosting effects of high intensity intervals.

AEROBIC BENEFIT:

High Intensity Interval Training- HIIT – increases the resting metabolic rate (RMR) for the following 24 hours due to excess post-exercise oxygen consumption, and may improve maximal oxygen consumption (VO₂ max) more effectively than doing only traditional, long aerobic workouts. Now mixed with RBT its even better and more effective.

METABOLIC BENEFIT:

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Long aerobic workouts have been promoted as the best method to reduce fat, as fatty acid utilization usually occurs after at least 30 minutes of training.[citation needed] HIIT is somewhat counterintuitive in this regard, but has nonetheless been shown to burn fat more effectively. There may be a number of factors that contribute to this, including an increase in resting metabolic rate. HIIT also significantly lowers insulin resistance and causes skeletal muscle adaptations that result in enhanced skeletal muscle fat oxidation and improved glucose tolerance. RBT has made the workouts even more metabolic and much better.

STRENGTH:

Strength at HCF comes in many forms. We build strength traditionally using dumbbells and exercises like pushup etc. We also build strength unconventionally by utilizing other equipment. Kettle bells, TRX straps, Physio balls, Bosu exercisers and resistance bands are used to build strength during instability. This allows for the joint stabilizing muscles to work hard and strengthen providing for a much safer more inclusive strength. In the end this builds complete strength that will improve every ones performance and functionality and prevent injuries at home or on the playing fields. We do not body build. Every exercise is designed to effect joints stability and your core. We are not trying to build large bulging muscles but rather lean, strong, stabilizing muscles which are way more functional to the everyday person and the athlete.

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IHPL READY FOR 2013-14 - Junior Hockey News



Published: Monday, 25 Mar 2013

By: *IHPL Media*

The International Hockey Prospects League (IHPL), having completed its maiden season, will be expanding in 2013-14 with the addition of several new franchises throughout the Northeast and Atlantic region. A league expansion committee has been formed to pursue suitable operators in key market areas to help build a solid foundation for the new league. With additional clubs throughout New York, New Jersey, Pennsylvania and the Mid-Atlantic States coming on board the IHPL has built a formidable model to continue its growth in 2013-14.

The Jersey Shore Whalers were the first to sign on for 2013 lead by General Manager Jay Lampiasi and Head Coach Brett Aimone. "We're excited to have the opportunity to bring junior hockey to the Jersey Shore", said Lampiasi. "This will give our players a chance to compete at a higher level and get the exposure they need. We're happy to belong to a league that is heading in the right direction". Another newcomer to the league is the Bayonne Blizzard lead by Head Coach Frank Stanco and General Manager Charlie Aisoa. "We have some talented players here that will get a chance to play juniors here in Bayonne and we're looking forward to getting started. The IHPL is a good option for us to build our junior program and compete at the next level", said Aisoa.

The IHPL offers both a North Atlantic Junior A Division and North Atlantic Junior Prospects (half-season) Division for high school aged players. The platform provides a competitive level of play for player prospects during their developmental years in preparation for the Collegiate or Pro levels. The IHPL is a good choice for players or teams looking for a competitive league that offers a fresh option than what's currently being offered throughout the junior ranks.

If you are interested in additional information about the IHPL email: IHPLhockey@gmail.com





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Daily Dish: AAU National Championship Preview - Junior Hockey News

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Published: Thursday, 4 Apr 2013

By: [Stephen Heisler](#) | Web site: [JuniorHockey.com](#)

While USA Hockey's Tier III Junior National Championship is getting underway in Minnesota, the Amateur Athletic Union is hosting their National Championship in Las Vegas.

Rochester or Las Vegas, where to go?

The Western States Hockey League has hosted the Western States Shootout in Las Vegas for years, and the event has grown to include more and more college scouts every year. During this year's Shootout, WSHL Commissioner Ron White has been telling all the college guys about AAU's National Championship event.

The tournament begins on Friday when the upstart Bay Area Seals from the WSHL take on the Northern States Hockey League's Lake George Fighting Spirit at 10:00 AM.

There are two representatives from each of the three AAU United Hockey Union sanctioned leagues.

Following the same format as the Thorne Cup Finals, the six teams will be placed in two flights of three then play the three teams from the opposite bracket(round-robin format), with the top four teams advancing to the semifinals with the winners playing for the AAU National Championship on Tuesday April 9.

Bracket A

Idaho Jr. Steelheads (WSHL Champion)- *John Olver's Steelheads are riding a 24 game winning streak into Las Vegas and have to be considered the favorite to claim AAU's first National Championship. Idaho could very likely be the best pay-to-play junior team on the continent.*

Bay Area Seals (WSHL Runner-Up) - *The expansion Bay Area Seals are the surprise entry for the WSHL. The team started the season with a 4-13-1 record before acquiring a number of key players. The stormed through the Shootout with a 4-0 record and have not looked back since. The Seals dispatched the Valencia Flyers and upset division champion Fresno Monsters to reach the Thorne Cup finals. It was in Idaho where the Seals really shined, managing to advance to the Championship game only to lose to Idaho in the final.*

Syracuse Stampede (NSHL Champion) - *Stampede boss Mike Beavis knows a thing or two about the game of hockey. The veteran coach must have a million junior hockey miles under him by now and has done a heck of*



2013 UNITED HOCKEY UNION NATIONAL CHAMPIONSHIP



a job carving out a niche for the Stampede in upstate New York. Led by team captain Kyle Williams (committed to W New England) and Alex Huizenga (Morrisville State) on the ice, along with Trace Pennock (Ferris State Div I) between the pipes, the Stampede could potentially challenge for a semi-final spot.

Bracket B

Hartland Hounds (MWJHL Champion) - *The Hounds may come into this tournament with the same ailment as WSHL's Dallas Ice Jets. Both teams ran roughshod through their schedule with a ridiculous win-loss schedule. Dallas was shocked at the Thorne Cup Finals by Bay Area and has picked up the golf clubs. The Hounds are going to have to face the music against three of the hottest teams in the country. Hartland has a good team, it's just too bad that have not had the opportunity to be tested. Well, they will be on Friday.*

Tennyson Chevrolet (MWJHL Runner-Up) - *Tennyson is kind of in the same boat as Hartland. Danny Vasquez's group finished third this season and upset second place Soo Firehawks to secure their trip to Las Vegas. Hartland made light work of Tennyson in the Veteran Cup finals.*

Lake George Fighting Spirit (NSHL Runner-Up) - *Lake George is led by SUNY-Canton committed goaltender Chris Marsillo and promises to be one of the stingiest teams at the event... well, on paper anyway. Marsillo put up impressive numbers this season (16-5-1, 1.94 GAA) and is known to give opponents fits.*

So who is going to win? It's entirely possible that the A-Bracket teams run the table against the B's, something that would create a mess for the semi-final round. We could also be looking at a rematch of the Thorne Cup final for the National Championship. In this event, goal differential is going to be a serious factor. Teams are not going to have the luxury of letting up because doing so could cost them dearly in the end.

The UHU all-star tournament will be run concurrently with the championships, with two all-star teams from the WSHL (an overage squad and underage team) joining a team each from the NSHL and MWJHL.

The "Best of the Rest" format will be comprised of a three-game round-robin, with the top two teams advancing to the championship game on Monday, April 8.

