

White Sabres crowned Micron champions



The White Sabres defeated the Red Sabres, 5-1, for the Amherst Youth Hockey Micron championship on Super Sunday. Members of the team, pictured from left, are: bottom row — Colten Brown, Gabe Rapini, TJ Conway, Jack Gilbert, Ben Siegel; second

row — CJ Goss, Patrick Gilbert, Zach Rehbaum, Colin Branka, Colin Deakin, Rylan Stamm, Cameron Hogan; third row — coaches Dennis Gilbert, Chris Rehbaum and Ben Siegel.

The White Sabres defeated the Red Sabres, 5-1, for the Amherst Youth Hockey Micron championship on Super Sunday.

The White Sabres drew first blood when Zach Rehbaum scored on a glove side shot. Rehbaum proved he wanted to win, scoring four more times. Patrick Gilbert assisted on three of the goals.

Red Sabre Michael Fioccare scored an impressive wraparound goal. White Sabre goalie TJ Conway was fantastic in net, only letting in one goal and making some great saves.

The White Sabre defense of CJ Goss, Jack Gilbert, Ben Siegel and Colin Deakin, made some really nice plays. White Sabre Colin Branka was robbed of a nice goal that went in as the whistle blew.

Red Sabre goalie Ben Weppner played amazing, stopping White Sabres Gabe Rapini, Cameron Hogan, Colton Brown and Rylan Stamm from scoring.

The White Sabres started on the road to victory on Wednesday when they beat the Gray Sabres, 4-2, in the semifinals. Conway was strong between the pipes. Rapini scored first for the White Sabres when he broke away and scored an unassisted goal on the short side. Gilbert scored the second goal after going hard to the net.

Alec Cicero got things going for the Gray Sabres with a pretty goal assisted by Spencer Frome. The Gray Sabres tied it up when Lorenzo Zendano scored off a nice feed from Andrew Bruno.

Gilbert put the White Sabres back in the lead with a stunning shot that went top shelf. The strong White Sabre defense of Goss, Siegel, Jack Gilbert and Colin Deakin helped Conway keep the team in the lead. Rehbaum, assisted by Patrick Gilbert, scored another for the White Sabres, securing the lead. The White Sabres were tough with Branka, Hogan, Stamm and Brown making some great plays, but Gray Sabre goalie Vincent Orlowski held them off with some nice saves.



The Buffalo Bisons 16U team compiled a record of 5-1, including a 3-1 victory over host Suffolk Police Athletic League in the championship game on March 11 to win the New York State Girls Tier I 16 and Under Championship. Members of the team, pictured from left, are: front row — Pamela Zgoda (Cheektowaga), Kelly Mendola, Brianna Murphy (Depew), Julia Fleming, Maggie Giamo (Orchard Park), Carolyn Wolcott, Kimberly Sass (East Amherst); top row - Scott Welch (East Amherst), Robert Sass (East Amherst), Kristina Moss, Grace Waters (Snyder), Kelsey Welch (East Amherst), Mackenzie Lee, Erica Owczarzak (West Seneca), Jacquie Greco (Clarence), Brigitte Cellino (West Seneca), Abby Runyon, Danielle Drabin, Cassie Stein, Tenley Odenbach, Jay Waters (Clarence), and Gary Moss.

Bisons 16U wins NYS State Girls Tier I 16U crown

The Buffalo Bisons 16U team compiled a record of 5-1, including a 3-1 victory over host Suffolk Police Athletic League in the championship game on March 11 to win the New York State Girls Tier I 16 and Under Championship.

The Bisons opened the tournament with a 5-0 win over the Potsdam Ice Storm, followed-up with a 5-1 victory over the Rochester Edge. A 4-2 win over the Suffolk PAL and a 5-0 victory over the Troy-Albany Ice Cats on the second day assured the Bisons a spot in the championship game with one game still remaining in round-robin play.

The Bisons opened the third day with a meaningless 3-1 loss to the Syracuse Stars and waited for the completion of round robin play to determine their championship game opponent.

The Bisons opponent for the championship game was the host team, Suffolk PAL. Bolstered by a

large partisan crowd, Suffolk PAL came out flying and applied early pressure. The Bisons were up to the challenge, and took a 1-0 lead six minutes into the game with a power-play goal.

Despite several scoring opportunities, the score at the end of two periods remained 1-0 Buffalo.

Early in the third period, Suffolk PAL took advantage of a power play opportunity and tied the game at 1-1. The Bisons responded barely a minute later however, retaking the lead 2-1, and quieting the home crowd. The Bisons kept the pressure on, and minutes later converted another power play opportunity to make the score 3-1.

The Buffalo Bisons 16U team will represent New York State at the USA Hockey National Championships in San Jose, Calif. from March 28 to April 1. To date, the team has compiled a record of 49-3-6.

Regals Pee Wee Minor 'AA' win Tonawanda tourney title

The Buffalo Regals Pee Wee Minor "AA" hockey team recently became champions of the 15th annual Tonawanda Lightning Tournament, defeating the Bud Bakewell Bruins, 5-3, in the finals. The team went undefeated against Bud Bakewell, the Tonawanda Lightning and the Hamburg Hawks in an exciting preliminary round-robin set.

The Regals took an early lead in the championship game and then battled hard through gritty, two-way hockey as the score repeatedly tied. The Regals' teamwork was on display as they came on strong in the third period to score the go-ahead goal and then confirmed the victory with an empty-net goal in the closing minute.

The championship caps off a remarkable season in which the team went undefeated in their last eight games and had a stretch of only four losses in 25 games.

Tryouts for the 1995 birth year players for the team's upcoming season will be held at Holiday Twin Rinks, 3465 Broadway St.,



The Buffalo Regals Pee Wee Minor 'AA' team recently won the 15th annual Tonawanda Lightning Tournament. Members of the team, pictured from left, are: front row - Max Rosenthal (Amherst); second row - Nick Ciavarella, Stephen Sivula (Cheektowaga), Mitchell Alexin (Clarence), Connor Haseley, John Roberts (Orchard Park), Brannon Jones (Clarence); third row - Michael Blachowski (Lancaster), Mark Friol (Cheektowaga), Kyle Klawon (Lancaster), Brian Theuerkof (Lancaster), Nathan Smith (Depew), Daniel D'Amato (Lancaster), Michael Burke (West Seneca); back row - coach Tom Blachowski, head coach Geoff Jones, coach Dave Klawon; missing from photo - Kristy Kroll (Amherst) and coach Pat Roberts.

Cheektowaga, at 7:45 p.m. on Tuesday, April 3 and at 7 p.m., Thursday, April 5. The cost of each tryout session is \$10. Play-

Health promotion expert Tom Haney joins Independent Health

Independent Health has named health and fitness advocate Tom Haney as Administrator, Wellness Programs, where he will be responsible for leading the planning and development of Independent Health's health and wellness programs.

"Tom's expertise will help us take our exceptional wellness programs to the next level," said Pamela Menard, vice president of health promotion and care management at Independent Health. "Tom will focus his efforts on enhancing all of our wellness programs, such as those we offer through employer groups, on our web site and in the community."

Haney, who has more than 35 years' experience in the health and fitness industry, is one of Western New York's most recognizable fitness authority and health promotion advocates. He



Tom Haney

was formerly the Executive Director of the Village Glen Tennis and Fitness Club and owner of

the Sports & Fitness Clinic. Along with his work as a corporate wellness consultant for a number of national companies, he has also been a conditioning trainer for many sports organizations and professional sports teams, and is a lecturer, writer and speaker on fitness topics.

"As employers and members take an increasingly greater role in the cost of their own health care, the ability of Independent Health to engage members in health and wellness programs takes on greater importance," said Menard.

"The addition of Tom to our team will allow us to further expand our range of health and wellness programs, as we continue to help employers and members address the factors that impact their health care costs and improve health status."