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BOYS & GIRLS HOCKEY**

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Game On! The 2024-2025 high school hockey season guide is a product of The Barre-Montpelier Times Argus advertising and sports departments. Opinions expressed in the publication are those of the authors and do not necessarily represent those of the management of the publication.

Gentral Vermont ice rinks are buzzing with excitement as U-32, Harwood and Spaulding turn up the heat on some chilly winter days.

Coach Matt Miganis and the Highlanders enjoyed one of the biggest turnarounds in the state last season, piecing together a 14-7-1 record after going 4-15-1 the year before. Harwood is stacked with multi-sport athletes like junior Eli Herrington, who helped HU string together a 34-game unbeaten streak in soccer in addition to excelling for a 13-3 lacrosse team that finished runner-up in Division II last spring.

The Harwood boys captured titles in 1990, 2005 and 2020, while the U-32 boys went all the way in 1981, 1991, 1992, 2012, 2013, 2016 and 2023. The Raiders' finals victory over Mount Mansfield two years ago featured a game-tying goal with just over a second left in regulation and a game-winner in double overtime. Two standouts from that team – Colton Warren and Maddox Heise – are members of the 100-point club and provide key senior leadership for coach Shane Locke's squad.

Spaulding has advanced to the title game 16 times and took home the hardware in 1969, 1970, 1980, 1996, 1997 and 2010. The Tide won a postseason game for the first time in five years during last winter's 10-10-2 campaign, as current seniors Austin Kelley, Evan Peloquin and Carel Paquin scored during a 5-2 playdown victory over St. Johnsbury. Classmate Cam Thayer notched the game-winning assist during a 1-0 victory over Rice a year ago, while returning goalie Ethan Fortin made 40 saves to snap the Green Knights' 12-game undefeated streak. Jacob Grout enters his first year as the Tide's coach.

The Spaulding girls won it all in 2002, 2022 and 2023. Coach Dave Lawrence's squad went 2-17-1 six seasons ago before going 21-0-1 the following season. After finishing at 19-3 in 2020, the Tide wound up with a 7-1-1 mark in 2021 before going 19-3 in 2022 and 22-0 in 2023. Last year's 8-11-1 campaign ended with a 4-2 playoff loss, but this season senior leaders Ellie Parker and Lanie Thayer are determined to lead the Tide to another trophy celebration.

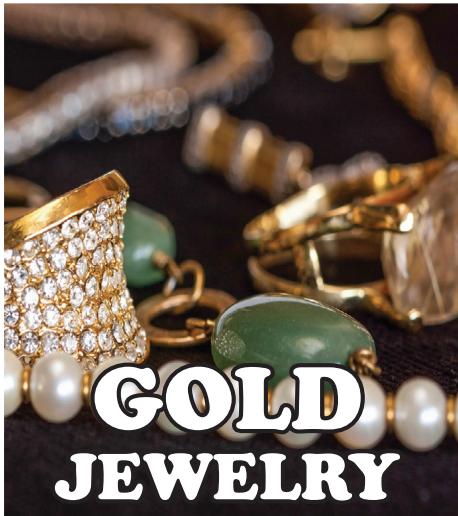
U-32 won girls titles in 2010 and 2011 before falling short in the 2016 championship. Even though the Raiders had losing seasons for six of the past seven seasons, last year coach Larry Smith's eighth-seeded team erased a three-goal deficit to eliminate No. 1 Burr & Burton, 4-3, in the quarterfinals before finishing with an 8-13-1 record after a loss in the semis. Current sophomore Chloe Pembroke scored the game-tying goal against the Bulldogs before classmate Hannah Drury netted the game-winner 21 seconds later.

First-year coach Eric Boyden is relying on 16 players for the Harwood girls, who advanced to the semifinals in 2022 but haven't won a game since then. Two midseason clashes with Rutland in a six-day stretch could be HU's best chance to snap that losing skid, with captain Margaret Belknap and assistants Zoe Duffy and Lindsey and Boyden leading the way.

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Harwood Unified Union School District

BOYS HOCKEY



GAME SCHEDULE

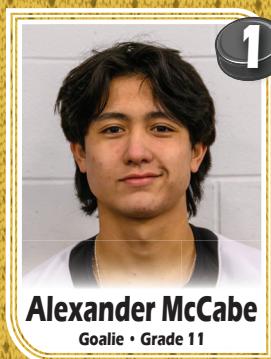
Dec. 14 Vs. South Burlington, 7 p.m.
Dec. 18 At Hartford, 5:45 p.m.
Dec. 21 At Missisquoi, 8 p.m.
Dec. 23 Vs. U-32, 5 p.m.
Dec. 28 At Rutland, 11 a.m.
Jan. 8 Vs. Woodstock, 5 p.m.
Jan. 11 At Stowe, 4:15 p.m.

Jan. 15 At Brattleboro, 7:15 p.m.
Jan. 18 Vs. Burlington, 7 p.m.
Jan. 22 At St. Johnsbury, 6 p.m.
Jan. 25 Vs. North Country, 7 p.m.
Jan. 29 At Milton, 7:15 p.m.
Feb. 1 At Mt. Mansfield, 7:15 p.m.
Feb. 5 At U-32, 6:30 p.m.

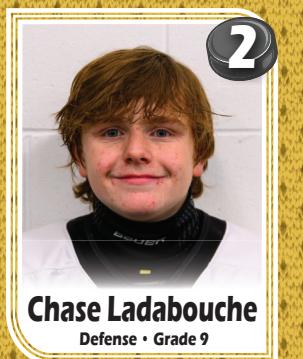
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Feb. 26 At Burlington, 7 p.m.

Harwood Unified Union School District

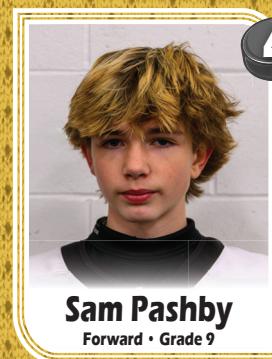
BOYS HOCKEY



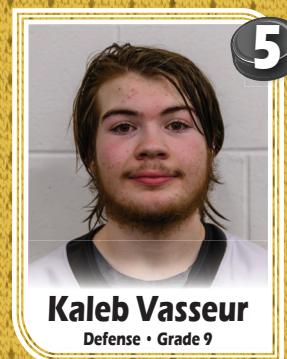
Alexander McCabe
Goalie • Grade 11



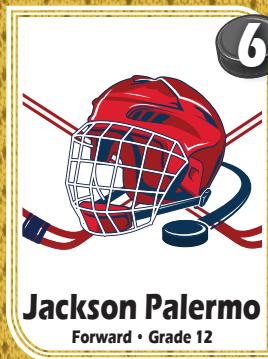
Chase Ladabouche
Defense • Grade 9



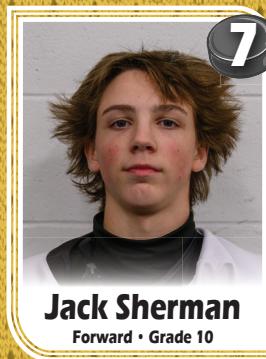
Sam Pashby
Forward • Grade 9



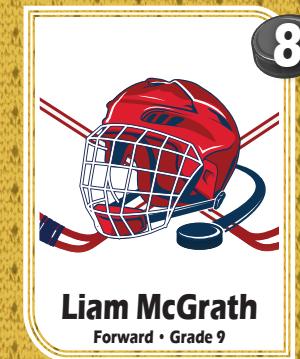
Kaleb Vasseur
Defense • Grade 9



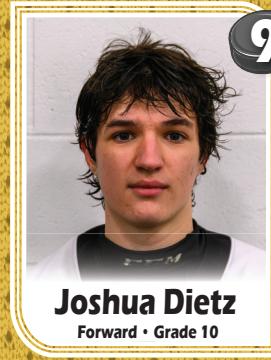
Jackson Palermo
Forward • Grade 12



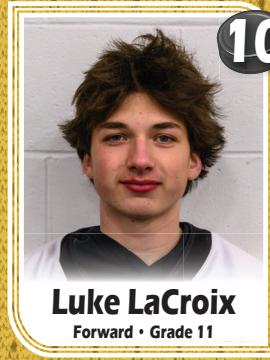
Jack Sherman
Forward • Grade 10



Liam McGrath
Forward • Grade 9



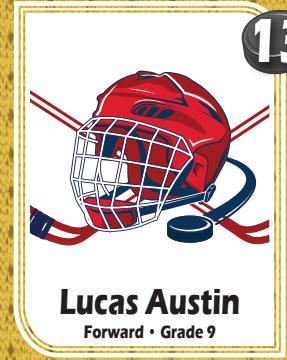
Joshua Dietz
Forward • Grade 10



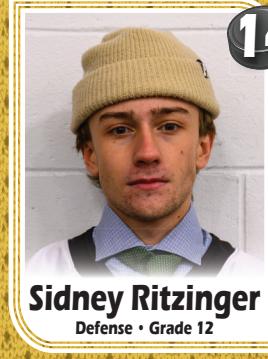
Luke LaCroix
Forward • Grade 11



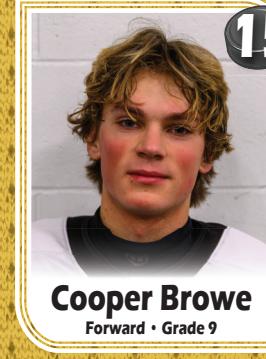
Griffin Nelson
Forward • Grade 10



Lucas Austin
Forward • Grade 9



Sidney Ritzinger
Defense • Grade 12



Cooper Browe
Forward • Grade 9



Owen Farr
Defense • Grade 11

Harwood Unified Union School District

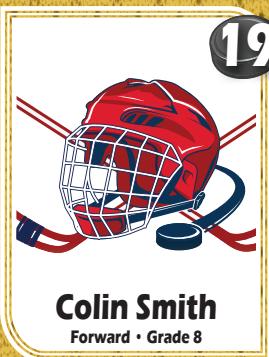
BOYS HOCKEY



Eli Herrington
Forward • Grade 11



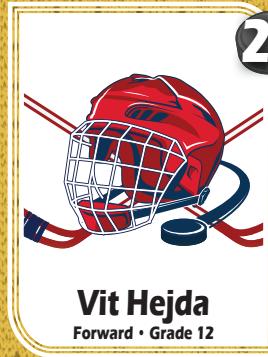
Isaac Farr
Defense • Grade 9



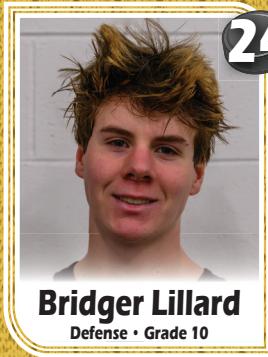
Colin Smith
Forward • Grade 8



Taj Fairchild
Forward • Grade 11



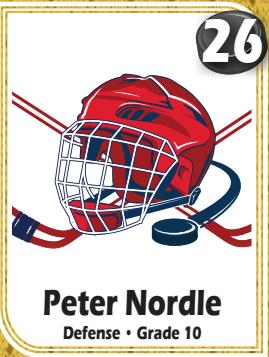
Vit Hejda
Forward • Grade 12



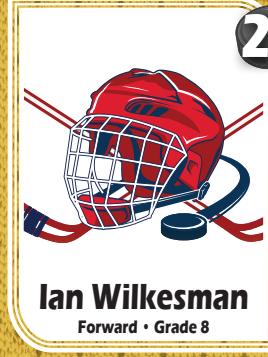
Bridger Lillard
Defense • Grade 10



Milo Lavit
Forward • Grade 11



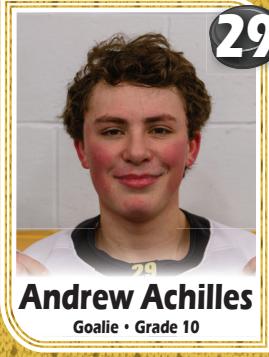
Peter Nordle
Defense • Grade 10



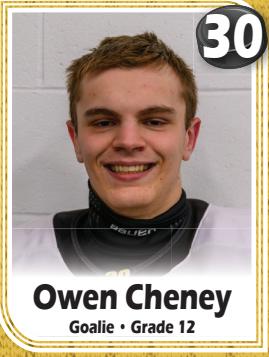
Ian Wilkesman
Forward • Grade 8



Kealan Gottshall
Goalie • Grade 10



Andrew Achilles
Goalie • Grade 10



Owen Cheney
Goalie • Grade 12



Head Coach: Matt Migonis
Assistant Coaches: Ethan Vasseur,
Kieth Lacroix, Tristan Weide
Athletic Director: Ian Fraundfelder



What young athletes can do to reduce injury risk

Exercise is great for the body. Scholastic and recreational sports is one of the primary ways children and adolescents get the exercise they need. Even though sports participation is relatively safe, there's no guarantee athletes won't suffer an injury. However, there are ways for student athletes to reduce their risk of getting hurt while playing the games they love.

- **Maintain flexibility.** Mount Sinai says it is extremely important for athletes to perform dynamic stretches before starting any activity. Cold muscles are vulnerable to injury, so it's best to do some sort of physical warm-up, including jumping jacks, butt kicks, running in place, or arm circles.
- **Practice proper technique.** Athletes should learn and implement the proper techniques for whatever sport they are playing to lower their injury risk.
- **Don't push through pain.** Pain is one way the body communicates that something isn't right. At the first sign of pain, an athlete should take a break and be assessed by a medical professional. Playing through pain can make an injury worse and sideline athletes for longer than expected.
- **Wear the right gear.** Johns Hopkins Medicine emphasizes using proper, well-fitting gear. Certain gear may be cumbersome and athletes may be tempted to forego it, but that can result in greater injury risk.
- **Get a sports physical.** Most programs mandate an

updated sports physical examination. This pre-participation physical allows for the screening, prevention and treatment of any conditions that can affect play and contribute to injury.

- **Gradually increase training intensity.** The American Orthopaedic Society for Sports Medicine indicates athletes should always build up their training gradually. One way to do so is to follow the 10 percent rule, which advises against increasing training activity, weight, mileage, or pace by more than 10 percent per week.
- **Rest and take breaks.** Athletes who play sports year-round have a greater tendency than others to suffer overuse injuries because their bodies are not given an opportunity to rest and recover. Athletes should take at least one season off per year.
- **Play different sports.** By participating in different sports, an athlete can avoid using the same muscle groups all the time. For example, the muscles used for swimming may be different from those used for playing field hockey. Utilizing different muscles reduces the risk for overuse injuries.
- **Strengthen the core.** Mount Sinai notes a strong core, which is the abdominal area of the body, can help athletes avoid injuries. Exercises that strengthen the core can improve balance, stability and strength.

Student athletes may want to get ahead in the sports they play, but it should never be at the expense of putting their bodies at a greater risk for injury.

Harwood Unified Union School District

GIRLS HOCKEY



GAME SCHEDULE

Dec. 14 Vs. Burlington-Colchester, 5:30 p.m. Jan. 15 Vs. South Burlington, 5 p.m.
Dec. 21 At Spaulding-Northfield, 3:15 p.m. Jan. 18 Vs. Middlebury, 5 p.m.
Dec. 27 Vs. Burr & Burton, 1 p.m. Jan. 22 Vs. Missisquoi, 5 p.m.
Dec. 28 Vs. U-32, 1 p.m. Jan. 25 Vs. Brattleboro, 5 p.m.
Dec. 30 At CVU-Mt. Mansfield, 3:15 p.m. Jan. 29 Vs. Rutland, 5 p.m.
Jan. 4 At Stowe, 4:15 p.m. Feb. 1 At Woodstock, 5:15 p.m.
Jan. 11 At Burr & Burton, 5 p.m. Feb. 5 At Rutland, 4 p.m.

Feb. 8 At Hartford, 2 p.m.
Feb. 12 At Missisquoi, 5:15 p.m.
Feb. 15 Vs. Stowe, 5 p.m.
Feb. 19 At Brattleboro, 7:15 p.m.
Feb. 22 Vs. Burr & Burton, 5 p.m.
Feb. 26 Vs. Woodstock, 5 p.m.

Harwood Unified Union School District

GIRLS HOCKEY



Klara Weller
Goalie • Grade 12



Alexandria Isham
Center • Grade 10



Bridan Merrill
Left Wing • Grade 9



Alexia Cantaloops-Farre
Defense • Grade 11



Jocelyn Brauer
Right Wing • Grade 9



Shea Lewis
Forward • Grade 9



Raine Diller
Right Wing • Grade 10



Jocelyn Bellanca
Center • Grade 9



Paige Pratt
Defense • Grade 10

GIRLS HOCKEY

14



Emily Hill
Defense • Grade 10

15



Cora Binkerd
Right Wing • Grade 9

16



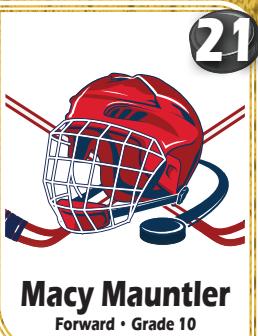
Lindsey Boyden
Center • Grade 12

17



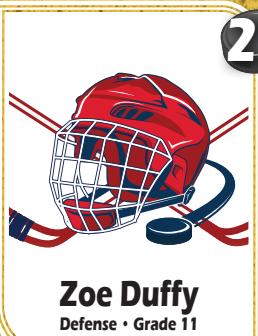
Margaret Belknap
Forward • Grade 12

21



Macy Mauntler
Forward • Grade 10

27



Zoe Duffy
Defense • Grade 11

30



Camille Edgcomb
Goalie • Grade 10

Head Coach: Eric Boyden
Assistant Coaches:
Brett Belknap, Tim Jones
Athletic Director: Ian Fraundfelder

Warning signs of CONCUSSIONS

No athlete, professional or amateur or otherwise, is immune from injury. Most athletes recognize the risk for injury is always present, but the thrill of competition and challenging oneself physically is enough to relegate injury concerns to the back burner.

Sports injuries may be part of the competitive athletics equation, but that does not make them any easier to handle when they occur. One of the more serious injuries that can occur when playing sports does not involve fractures or sprains. Concussions are brain injuries that can cause temporary loss of normal brain function. The American Association of Neurological Surgeons reports that concussions are caused by direct trauma to the head. Potential causes of such trauma can be a fall or a blow to the head. Involvement in a motor vehicle accident also can cause concussion.

Concussions affect non-athletes as well as athletes, which is important for people from all walks of life to recognize. However, athletes who compete in contact sports like football, ice hockey, rugby, and soccer should be especially mindful of concussions. That's because contact sports tend to have the highest concussion rates. Concussion rates can be hard to tabulate, as many athletes may suffer mild concussions and never report any issues to parents or coaches. However, a 2019 study published in the journal *Pediatrics* found that, between the 2013-14 and 2017-18 school years, the three sports with the highest concussion rates were boys' football, girls' soccer and boys' ice hockey. Of course, adult athletes also can suffer concussions, which underscores how important it is that all individuals, and especially athletes competing in



contact sports, learn to recognize the symptoms of a concussion. With that in mind, the AANS notes these are some common symptoms of concussion:

- Confusion
- Headache
- Vision disturbances (double or blurry vision)
- Dizziness or imbalance
- Nausea or vomiting
- Memory loss
- Ringing ears
- Difficulty concentrating
- Sensitivity to light
- Loss of smell or taste
- Trouble falling asleep

Concussions should be taken seriously, and it's important to note that most people fully recover after a concussion. However, the AANS urges people to seek immediate medical attention if symptoms have not gone away within 10 to 14 days. In addition,

certain situations that can arise after suffering a concussion should be brought to the attention of a physician. Such situations include:

- Headache worsens or does not go away
- Speech is slurred, and feelings of weakness, numbness or decreased coordination present
- Significant nausea or repeated vomiting
- Seizures
- Loss of consciousness
- Inability to wake up
- Symptoms worsen at any time
- History of multiple concussions

Concussions are serious brain injuries that should not be taken lightly. Athletes and parents of young athletes should discuss concussion prevention strategies with coaches and report any issues to a physician immediately. More information about concussions can be found at aans.org.



SPAULDING HIGH SCHOOL

BOYS HOCKEY



GAME SCHEDULE

Dec. 14 Vs. Rice, 3:15 p.m.
Dec. 18 Vs. CVU, 7:15 p.m.
Dec. 21 Vs. North Country, 5:15 p.m.
Dec. 23 At Rutland, 11 a.m.
Dec. 28 Vs. South Burlington, 3:15 p.m.
Dec. 30 At CVU, 5:25 p.m.
Jan. 4 At Stowe, 6:30 p.m.

Jan. 11 At Middlebury, 7 p.m.
Jan. 15 Vs. Essex, 5:15 p.m.
Jan. 18 At Hartford, 2 p.m.
Jan. 22 At Essex, 6 p.m.
Jan. 29 At U-32, 4:15 p.m.
Feb. 1 At BFA-St. Albans, 5:30 p.m.
Feb. 5 Vs. Burr & Burton, 7:15 p.m.

Feb. 10 Vs. Colchester, 7:15 p.m.
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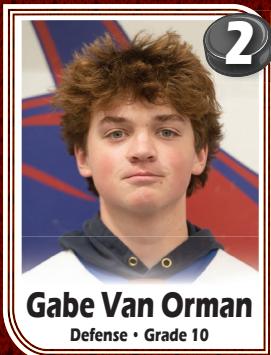


SPAULDING HIGH SCHOOL

BOYS HOCKEY



Ethan Fortin
Goalie • Grade 12



Gabe Van Orman
Defense • Grade 10



Carson Lewis
Forward • Grade 12



Austin Kelley
Forward • Grade 12



Drew Laprade
Forward • Grade 11



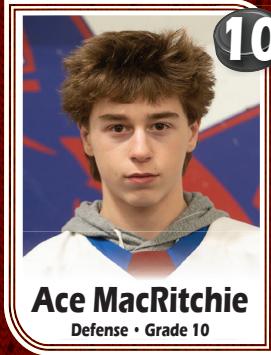
Grady Dukette
Forward • Grade 12



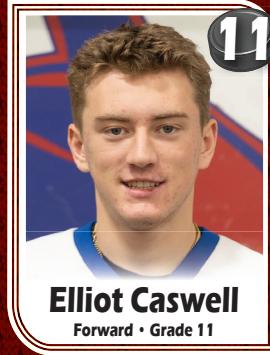
Clayton Bell
Forward • Grade 9



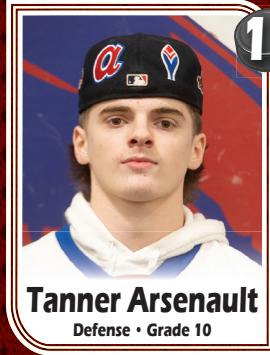
Chace Nadeau
Forward • Grade 10



Ace MacRitchie
Defense • Grade 10



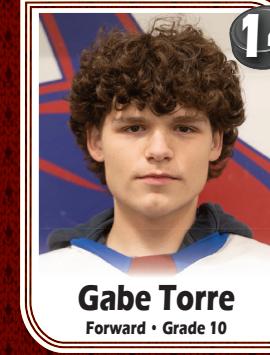
Elliot Caswell
Forward • Grade 11



Tanner Arsenault
Defense • Grade 10



Zach Parker
Defense • Grade 11



Gabe Torre
Forward • Grade 10



Noah Otis
Forward • Grade 10



SPAULDING HIGH SCHOOL

BOYS HOCKEY

16



Cam Thayer
Forward • Grade 12

17



Carel Paquin
Forward • Grade 12

18



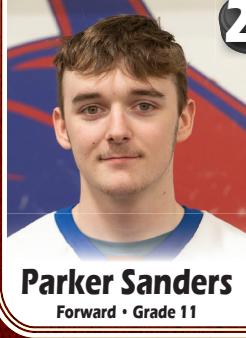
Austin Graves
Forward • Grade 9

19



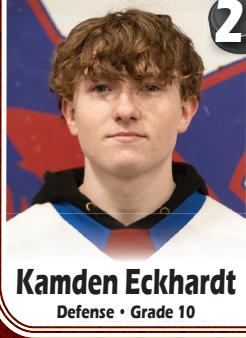
Jacob Bylow
Defense • Grade 10

20



Parker Sanders
Forward • Grade 11

23



Kamden Eckhardt
Defense • Grade 10

24



Parker Harrington
Forward • Grade 11

25



Nate Elwell
Defense • Grade 12

26

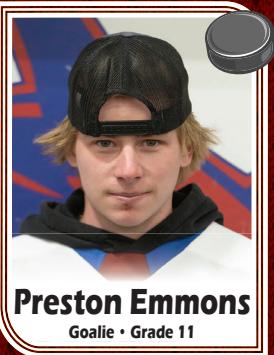


Evan Peloquin
Forward • Grade 12

28



Issac Sweet
Forward • Grade 10



Preston Emmons
Goalie • Grade 11

Head Coach: Jacob Grout

**Assistants: Brad Spaulding,
Evan Parent, Liam Guyette**

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SPAULDING HIGH SCHOOL

GIRLS HOCKEY



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SPAULDING HIGH SCHOOL

GIRLS HOCKEY



Gabrielle Bock
Goalie • Grade 10



Avery Burke
Forward • Grade 10



Jaylin Akers
Forward • Grade 9



Mary Yacavoni
Forward • Grade 11



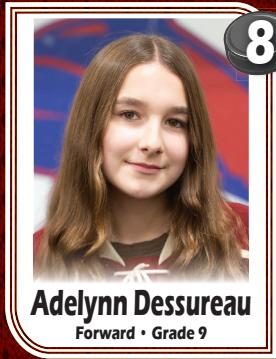
Gracie Lunt
Defense • Grade 11



Peyton LaPerle
Forward • Grade 10



Mackenzie Murray
Forward • Grade 12



Adelynn Dessureau
Forward • Grade 9



Aubrey Tremblay
Forward • Grade 11



Finley Boyd
Defense • Grade 10



Samantha Bock
Forward • Grade 9



SPAULDING HIGH SCHOOL

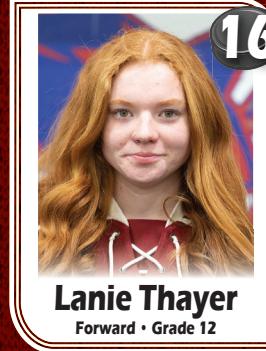
GIRLS HOCKEY



Rylee Pelletier
Forward • Grade 10



Isobel Kiniry
Defense • Grade 9



Lanie Thayer
Forward • Grade 12



Ellie Parker
Forward • Grade 12



Allison French
Forward • Grade 11



Lilly Mayo
Forward • Grade 11



Kloey Robinson-Stiffler
Forward • Grade 9



Katie Parker
Forward • Grade 9

Head Coach: Dave Lawrence
Assistants: Brian Wilkin, Ashley
Pelkey, Rayna Long, Molly Parker
Managers: Maria Saldi



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U-32 HIGH SCHOOL

BOYS HOCKEY



GAME SCHEDULE

Dec. 14 At CVU, 4:45 p.m.
Dec. 21 At Milton, 5:30 p.m.
Dec. 23 At Harwood, 5 p.m.
Dec. 27 Vs. Stowe, 3 p.m.
Dec. 28 At Middlebury, 7 p.m.
Jan. 4 Vs. Colchester, 4:45 p.m.
Jan. 8 At Brattleboro, 7:15 p.m.

Jan. 11 Vs. Burlington, 2:30 p.m.
Jan. 15 At St. Johnsbury, 6 p.m.
Jan. 18 At North Country, 3 p.m.
Jan. 22 Vs. Hartford, 6:30 p.m.
Jan. 25 At Mt. Mansfield, 3 p.m.
Jan. 29 Vs. Spaulding, 4:15 p.m.
Feb. 1 At Woodstock, 7:30 p.m.

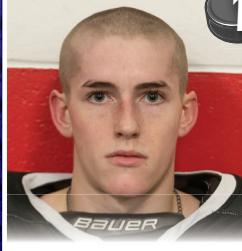
Feb. 5 Vs. Harwood, 6:30 p.m.
Feb. 10 Vs. Missisquoi 3:30 p.m.
Feb. 12 At Stowe, 7:15 p.m.
Feb. 15 Vs. North Country, 2:30 p.m.
Feb. 19 Vs. Woodstock, 4:15 p.m.
Feb. 26 Vs. Brattleboro, 7:15 p.m.



U-32 HIGH SCHOOL

BOYS HOCKEY

1



Angus Kurts
Grade 11

2



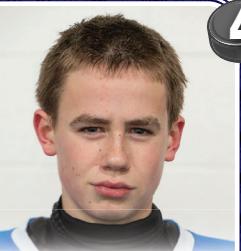
Owen Sheehan
Grade 11

3



Benjamin Phillips
Grade 10

4



Camden Leno
Grade 9

5



Max Scribner
Grade 12

6



Charlie Pickel
Grade 9

7



Anderson John
Grade 10

8



Colton Warren
Grade 12

9



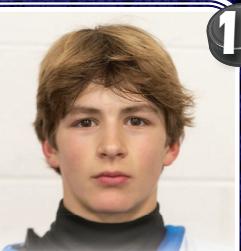
Duncan Schrader
Grade 11

10



Lachlan Pierce
Grade 9

11



Sabin Kitchen
Grade 9

12



Jackson Stevens
Grade 10

13



Nathan Nance
Grade 11

14



Landin Drown
Grade 11



U-32 HIGH SCHOOL

BOYS HOCKEY

15



Jack Scribner
Grade 9

16



Jayden St Amour
Grade 11

17



Aiden Zeno
Grade 10

18



James Churchill
Grade 11

19



Chase Lafaille
Grade 9

20



Liam Weller
Grade 10

21



Kaynen Haines
Grade 11

22



Maddox Heise
Grade 12

23



Braden O'Donnell
Grade 10

24/32



Chase Pickel
Grade 9

25/24



Gage Heise
Grade 9



John Widener

Head Coach: Shane Locke
Assistant Coaches: Corey Robbins,
Corey Gilander, Roy Schiff
Athletic Trainer: Justin Fontaine
Athletic Director: Derek Dunning



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U-32 HIGH SCHOOL

GIRLS HOCKEY



GAME SCHEDULE

Dec. 14 Vs. Brattleboro, 2:30 p.m.
Dec. 18 Vs. Stowe, 4 p.m.
Dec. 21 Vs. Burr & Burton 4:45 p.m.
Dec. 23 At Rice, 3 p.m.
Dec. 27 At Middlebury, 1 p.m.
Dec. 30 At Rutland, 11 a.m.

Jan. 4 At Spaulding-Northfield, 2:30 p.m.
Jan. 8 At Missisquoi, 7:15 p.m.
Jan. 11 At Kingdom Blades, 7 p.m.
Jan. 15 At Burr & Burton, 5 p.m.
Jan. 22 Vs. Woodstock, 4:15 p.m.
Jan. 25 Vs. Burlington-Colchester, 2:30 p.m.

Jan. 29 At BFA-St. Albans, 3:30 p.m.
Feb. 1 Vs. CVU-Mt. Mansfield, 2:30 p.m.
Feb. 5 Vs. Kingdom Blades, 4:15 p.m.
Feb. 12 Vs. Rice, 4:05 p.m.
Feb. 22 Vs. Essex, 2:30 p.m.
Feb. 26 At Hartford, 5:45 p.m.



U-32 HIGH SCHOOL

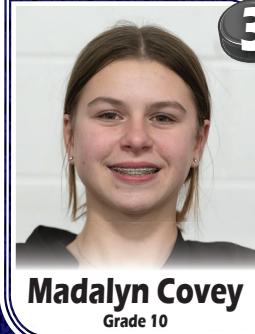
GIRLS HOCKEY

2



Keilghan Miller
Grade 12

3



Madalyn Covey
Grade 10

4



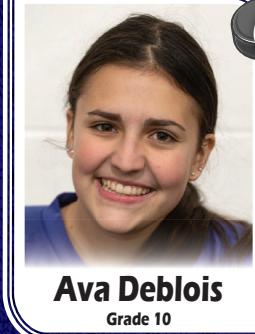
Eleanor Neimark
Grade 9

5



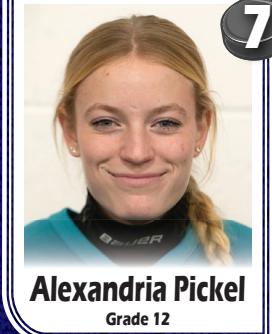
Linnea Darrow
Grade 12

6



Ava Deblois
Grade 10

7



Alexandria Pickel
Grade 12

8



Ruby Dyson-Dias
Grade 9

9



Hadleigh Miller
Grade 9

10



Addison Coleman
Grade 9

11



Ainsley Gross
Grade 12

12



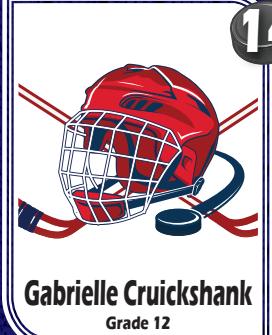
Courtney Tatro
Grade 10

13



Addison Pecor
Grade 9

14



Gabrielle Cruickshank
Grade 12



U-32 HIGH SCHOOL

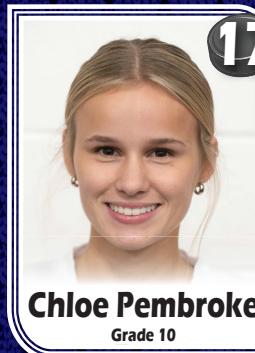
GIRLS HOCKEY



Grace Lagerstedt
Grade 12



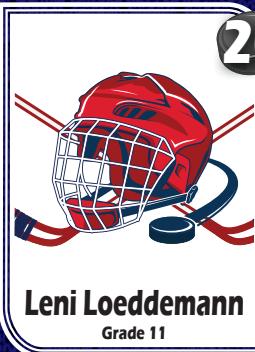
Claire Phillips
Grade 11



Chloe Pembroke
Grade 10



Ruby Eaton
Grade 12



Leni Loeddemann
Grade 11



Hannah Drury
Grade 10



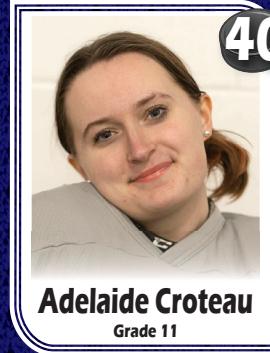
Emily Tringe
Grade 11



Paige Cruickshank
Grade 9



Sierra Audet
Grade 10



Adelaide Croteau
Grade 11



Sintayehu O'Riordan
Grade 9



Baylee Jodoin
Grade 9

Head Coach: Larry Smith
Assistant Coaches: Jamie Bolduc,
Dan Hill
Athletic Trainer: Justin Fontaine
Athletic Director: Derek Dunning



U-32's Hannah Drury skates up the ice during a girls hockey game last season.



U-32 girls hockey sophomore Madalyn Covey speeds up the ice during the first period of the Dr. Butsch Tournament.



U-32 girls hockey junior Emily Tringe skates the puck up the ice during the first period of the Dr. Butsch Tournament.



A Harwood player skates up the ice during a girls hockey game.



Spaulding's Jaylin Akers controls the puck while defended by Hartford's Ali Morlock, left, and Chelsea Stockwell during a girls hockey game.

Spaulding's Peyton LaPerle skates with the puck during a girls hockey game against Hartford.



A Spaulding player fires off a shot during a girls hockey scrimmage with U-32.



U-32's Chloe Pembroke attempts to score as a Spaulding player defends during a girls hockey scrimmage.



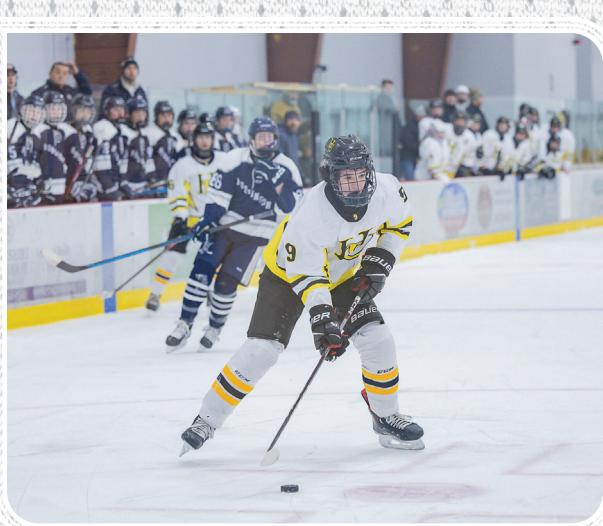
Spaulding's Isobel Kiniry attempts to get past the defense of U-32's Addison Coleman during a girls hockey scrimmage.



U-32's Max Scribner handles the puck as Harwood's Alexander McCabe tries to get around U-32's Colton Warren during a boys' hockey game last season.



Harwood's Shea Lewis competes during a boys' hockey game against U-32.



Harwood's Joshua Dietz controls the puck during a boys' hockey game.



U-32's Colton Warren brings the puck up the ice during a boys' hockey game against Harwood.



U-32 boys' hockey coach Shane Locke gives directions to players during a practice session at the Central Vermont Memorial Civic Center.



U-32 goalie Chase Pickel makes a save during a boys' hockey game against Harwood.



Spaulding's Drew Laprade skates along the boards during a boys hockey game against CVU.



Spaulding's Grady Dukette controls the puck behind the net during a boys hockey game against CVU.



Spaulding goalie Ethan Fortin makes a save during a boys hockey game against CVU.



Spaulding goalie Ethan Fortin makes a save during a boys hockey game against CVU.



Spaulding's Carel Paquin controls the puck during a boys hockey game against CVU.



Spaulding goalie Ethan Fortin makes a save during a boys hockey game against CVU.



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