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The Hawks Nest

The 2013 Pre-Season Camp opened on February 15th with 35 players in attendance for the " Kick Off " dinner at The Meadows Restaurant and organizational meetings back at the Steelhawk hotel sponsor The Comfort Inn. After a long and very busy off season of recruiting, combines, agents, phone calls and " stuff", everything was in order and it was good to see the players all in one room. I asked the coaches for their first impressions after meeting all of the players;

It was great to sit down and see the potential Lehigh Valley Steelhawks. We look very athletic on both sides of the ball and after speaking to all the men competing to be a Steelhawk, we also have a great group of men. I'm anxious like the players to get them men in gear and get into camp! Every position is open and it's going to be competitive. Every position will be a battle. I can't wait until the home opener THE VALLEY is in for a treat.

Coach O'Hanlon Defense Coordinator

I felt a very positive vibe in that meeting room last night. From front office, to coaching staff, to players, there was a very professional undertone, feel of

STEELHAWKS OPEN 2013 PRE-SEASON CAMP

urgency, and a sense of excitement. It is obvious that Coach Thompson and his staff landed high caliber athletes who are determined and hungry for team and personal success. Looking forward to working with the Steel Hawks organization! My goal is to keep the players healthy, build upon overall strength, power and explosiveness, increase sport specific conditioning and pass along knowledge from my own experience to help the players achieve their long term goals

Mike Cerimele - Strength and Condition Coach

I thought the meeting went very , I can't stress enough the importance of Coach Millers talk of professionalism on and off the field. It was clear to me this hit home with the players. I'm excited to get started

Coach Cohen - Linebacker Coach

I think we have the greatest opportunity a man can be given, to assist another man to reach his potential. Fantastic Detail !

Coach Ken Miller - Line Coach and Special Teams Coordinator

What a great group of young men that reported for the start of our 2013 Pre-Season camp and really excited about the energy that was in the rooms from everyone. I cannot wait to get on the field and start working with these young men and

coaches that we have on staff this season. We are going to do everything in our power to make this 2013 season our best ever!

CHRIS THOMPSON - Head Football Coach/Assistant General Manager

The pre-season camps starts with the first practice Sunday February 17th and will end with The Lehigh Valley Steelhawks annual Black vs. Gold Inter-squad scrimmage on March 2nd starting at 8:30am. The scrimmage will be held at The Iron Lakes Sports Club. The scrimmage is open to the public. Come see the Steelhawks preseason talent! Autographs are welcome following the game, and merchandise will be on sale. There will be a meet and greet starting at 10am.

Later in the day, the Steelhawks will all be out at Rascal's Food and Fun Center for dinner and a fun night out from 3-5pm. Come out and challenge some of the players to a game! Talon and Precious Metal dancers will also be in attendance.



MEET COACH GEOFF LAIRD DEFENSIVE BACK COACH



Coach Laird is a new comer to the Steelhawk coaching staff for 2013. Coach Laird is a native of Linwood, NJ and currently resides in Emmaus. Geoff is married to Wendy and they have 4 children; Sean 8, Sofie 6, Teddy 3 and Ty 3. Geoff is currently employed as a Business Teacher at Salisbury High School and is on the football staff as the Defensive Coordinator. This is Geoff 10th year of coaching at the high school level as he has spent 8 years at Freedom High School and 2 years at Salisbury.

We ask Coach Laird about his most memorable coaching moment and he provided us with this story.

My most memorable coaching experience was with Freedom Patriots in 2007 and 2008. Coach Roeder started an "Our Way" philosophy with these young men back in 2006 after a 2-8 season. They worked harder in the weight room and on the field

than I have ever seen a high school team work. In the next three years they went 5-5, 7-3 in 2007 and won the Eastern Conference Championship, first in team history, and 10-3 (school record for wins) in 2008 finishing runner up in the District 11 Championship.

On a personal level, coaching the DBs and LBs for the 2012 National Bowl was quite an experience and finding out that I was calling the defense for the entire game on game day made that experience even more memorable.

At the same game Coach Laird said he had his most embarrassing moment too.

I fell on my backside in the mud at our first practice for the 2012 National Bowl game in front of the whole team.

As with all coaches they take pride in having those they mentored move up to the next level. Coach mentioned that he had the honor and privilege to coach several student/athletes over the years that have gone on to play in college. The student/athletes have gone on to colleges such as Michigan State, Lehigh, Lafayette, Moravian, Kings, Lebanon Valley, Bloomsburg, East Stroudsburg, IUP, Slippery Rock, Syracuse, Delaware, and Muhlenberg.

With this type of success Coach Laird instills in his players his coaching philosophy and mantra -

Adapt and overcome. Especially since I primarily coach high school, if we can teach the young men we have to adapt and overcome any adversity they encounter on the football field that will definitely come in handy when having to overcome future adversity in their own lives.

Coaches Steelhawks outlook for 2013, one word "Success".

Finally when Coach Laird lays his head down on his pillow each night, he tells us he dreams about having an opportunity to coach on the defensive side of the ball in the NFL.

Welcome Coach Laird – Go Steelhawks!

MEET OUR SPONSOR-BADA BINGG

THE STEELHAWKS WELCOME Bada Bingg 2.

Bada Binng's is a family owned and operated restaurant located in the Allentown Farmers Market, on 17th & Chew streets in Allentown. They focus on providing high-quality service and customer satisfaction. They serve Breakfast, Lunch or Dinner with their wide variety of sandwiches. Great quality food where you can stop in, call ahead, as well as take out or delivery. Stop in for a "taste you can't refuse."

Hours of operation are: Thursday 9am-8pm; Friday 8am-8pm; and Saturday 8am-6pm. Breakfast is served until 11am.

"Best Sandwiches in the Lehigh Valley."

Author: Brandy L. Billman
Intern at Lehigh Valley Steelhawks



MEET ADAM BEDNARIK-QB PROSPECT FOR THE STEELHAWKS

Yes Steelhawk fans, that Adam Bednarik, your own Bethlehem Catholic standout! Adam has signed on with the Steelhawks and is in camp looking for the starting role on the team. As a Bethlehem native, Adam is employed as a Bethlehem Area School District teacher in the Special Education Department.

Adam a star at Bethlehem Catholic, started his career by attending St Simon and Jude from Kindergarten through 8th grade and then on to "Beca". Looking back at those formative years, Adam said "My parents have always brought me up to be strong in my faith and be the best person possible and to treat others with respect. I am very thankful for my loving parents and them being so supportive my whole life".

Adam has an older brother John, who has always been his biggest fan and my best friend. "I've always looked up to him ever since I was little not only as an athlete but more as being a good person and role model for me". John played basketball for the Golden Hawks and was 1000 point scorer at DeSales University.

Adam recalls how it all started..." Ever since I was younger my dad and brother would be outside playing sports. We would play basketball, football and baseball. Playing against my dad, older brother and his friends challenged me to work harder and made me a better player". Adam is very appreciative of his mother and father and he recognizes that his success was directly related to John and Rosie's parenting.

Looking back at Adam's high school career, he played football, basketball and baseball. For the Golden Hawks, Adam was First Team All-State quarterback and he played in the nationally known All Start game " the Big 33 game". The accolades continued with being named The Easton Express Times 2002 Player of the Year. Adam is the only football player to be honored as an East Penn Conference All League Wide Receiver and threw for 1000 yards in the same season during his junior year. Oh there is still more, he was First Team All-League basketball player as a sophomore and continued to earn that distinction through his senior year, topping off as a 1000 point scorer. Wait there is one more, he was First Team All-League in baseball his sophomore through senior year and only the second person in Bethlehem Catholic history to reach 20 wins as a pitcher. Can you imagine what his trophy room must look like ?

Adams success continued as he was recruited by and attended West Virginia University on a full football scholarship and he was a 4 year captain. Adam was the starting quarterback in 2005 and led the Mountaineers to a 6-1 start before getting injured. Adam was the "Chevrolet Player of the Game" in his very first start for WVU. After his WVU playing days he played one year of Professional Indoor football in 2009 with The Albany Firebirds in Albany NY.

Adam recognizes that his success is also a product of the coaches he grew up with. One he looks to as a mentor for him was his high school QB coach, Allentown's Central Catholic and West Virginia University QB, Danny Kendra. Adam and Dan are still very close as Adam admits " He really helped me in so many ways and he is like a



second father to me." Three others Adam would mention would be long time Beca head coach Bob Stem and head coach Chuck Sonon. Adam can still remember how his Bethlehem Steelers Pewee Coach John Fenstemacher converted Adam into a QB from playing running back. Coach John passed away from Lou Gehrig's disease.

So what is Adam doing now that he has some free time from playing all of those games, well he is coaching. He is the QB coach at Freedom High School in Bethlehem and the Head Girls Basketball Coach at East Hills Middle School. Adam mentioned that he still had the itch to play football so he figured what better opportunity than to play again in the Lehigh Valley with the Steelhawks. "I'm looking forward to working with all the guys on the team and everyone within the Steelhawk organization. I plan on continuing to teach and coach after my football days but I want to give this another shot. I love working with kids and helping them to develop whether it be in the classroom or with a sport. Everything with steel hawk organization has been first class so far and I can't be more excited than to be part of the Steelhawk family".

