

The Hawks Nest

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Lehigh Valley Steelhawks

PIFL Expands North: Adds Teams in Trenton and Harrisburg

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The Professional Indoor Football League (PIFL) is proud to announce the addition of the expansion Trenton Freedom and the Harrisburg Stampede making them the seventh, and



eight members for the upcoming 2014 season.

Trenton Freedom:

Based in Trenton, NJ, the expansion Freedom will be led by Head Coach and General Manager Kevin O'Hanlon and will fit nicely into the growing northeastern footprint of the PIFL and will immediately begin serving as close rivals to the Richmond Raiders based in Richmond, VA and the Lehigh Valley Steelhawks, from nearby Bethlehem, PA.

"The Steelhawks couldn't be more thrilled with the addition of the Trenton Freedom," stated Executive Vice President and General Manager Mike Clark. "This gives us an instant and close rival that we haven't had since we played Reading a few years back. This will just add to the excitement of the league, and I know the black and gold faithful will be making some trips along with us over to Jersey."

The addition of Trenton allows us to develop the Northern region of the

league as we continue to grow. The PIFL Model is for strong conservative growth with qualified partners and the league is expected to have a more announcements to come over the next few weeks as they work to develop the best competition of football indoors.

Harrisburg Stampede:

Led by owner, current New Orleans Saints WR and Harrisburg native Marques Colston, the Stampede will be entering their sixth season after playing the last two seasons in the American Indoor Football (AIF) League. The Stampede performed well in the AIF, earning back-to-back championship berths before capturing the league title in 2013.

"I am very excited about the move into the PIFL this season," says Colston. "After getting a feel for their vision and the direction they are heading as a league, we look forward to the opportunity to grow together."

"The addition of Harrisburg is another piece of the puzzle as we work towards being an elite indoor football league," says PIFL Executive Committee Member Jeff Knight. "Marques' is everything you would want in a business partner, an Owner

that is responsive to the community and shares our vision for a better league."

Last week the PIFL announced the addition of the expansion Trenton Freedom. Along with Harrisburg, Trenton will serve as a strong development for a growing North region that already featured the Lehigh Valley Steelhawks and the Richmond Raiders.

"What a week for the Steelhawks and the PIFL as a whole," stated Steelhawks General Manager Mike Clark. "These past few days we have added two amazing organizations to the league, giving us personally two playing partners within 90 minutes of each other. This just adds to the excitement at each of our games, and we are already planning fan trips to each of these new venues in Harrisburg and Trenton. Specifically, I have admired the Stampede organization from afar over the last couple years. Marques truly has a vision of community service which has always been our number one priority since day one. It is refreshing to be able to compete with like-minded business partners whose goal is to maximize the entertainment value to is fans, and give back to their community."



All-League Quarterback Bednarik Returns

Last month the Steelhawks held a special press conference at Outten Chevrolet to make some exciting announcements. The announcement that made the biggest splash in the PIFL was the re-signing of All-League and local star QB Adam Bednarik (6'2" 225, West Virginia University). Bednarik returns to the Steelhawks after having a spectacular 2013 campaign. He shattered franchise records while leading the Steelhawks to the league's number one Total Offense. Bednarik led all quarterbacks in all main statistical categories – passing average per game (283.7yds), pass

"What I'm most looking forward to this year is getting that ring and bringing a championship back to my hometown of the Lehigh Valley." QB Adam Bednarik

efficiency (112.8), total offense (293.6 yds/g). He threw for a total of 2,837 yards on 70.4% completion rate, and 53 touchdowns. For his efforts, he

was named to the ALL-PIFL First Team as the league's best signal caller. A local product, Bednarik played at Bethlehem Catholic High School, and continued his career at West Virginia University; and currently teaches and coaches in



the Bethlehem School District.

Bednarik's local ties and love of the game played a big part in his decision to return for another year in the Steelhawks' black and Vegas gold. He is able to continue his lifelong passion of playing football. His ultimate goal on the year is to bring a championship back home to Valley and his home town.

Bednarik shares the excitement for the upcoming season that the entire Steelhawk organization has, "I'm very excited. We had the franchises best season this past year and I feel that this season is going to be even better. Especially with bringing back some of the same core from last year. In arena football, guys are constantly getting injured and moving onto other leagues, so it can be tough having to find ways to build chemistry and win. Our team and coaches do a great job handling that. Last

season we were predicted to finish at the bottom of the league and played the sea-

son with a chip on our shoulder and proved a lot of people outside of the Steelhawk family



[who didn't believe in us] wrong. Hopefully we can build from our success last season and have it make for an even more successful season this year."

Coach Thompson is equally excited, "Having our 1st Team All-League signal caller back for another season is huge for us. I have a lot of respect and admiration for what he does on the football field and can't wait to work with him again in 2014. The things he was able to do for us last season in this offense along with the great group of receivers and linemen we had, were all contributing factors to us having one of the best offenses all season in the PIFL."

Bednarik to Participate in Freedom vs. Liberty Staff Game

There will be a Freedom vs. Liberty staff flag football game on October 30th at 7:00pm, held at the Frank Banko Field on the campus of Liberty High School. All ticket sales and raffle money will go to the Race for Adam Foundation to raise awareness and money to fund research for a cure of Niemann-Pick Type C Disease.

Steelhawk QB Adam Bednarik, who teaches at Liberty, but coaches foot-

ball at Freedom will be playing on the Freedom Team! The rivalry between the two schools should make the game a lot of fun and raise school spirit for both schools during the week before the game is played. Bednarik is pleased to play in the game, especially since it benefits a great cause in raising money for the Race for Adam. "Adam is really an amazing kid and has made an impact on my life after meeting and

getting to know him more over the past year. He and his father, mother, and sister are such great people so I couldn't be more happy about participating in a game for such a great cause."

When: Oct. 30th, 7pm

Where: Frank Banko Field at Liberty High School

What: Staff flag football game to benefit the Race for Adam

Featured Sponsors:

Outten Chevrolet

Dealership History

The Outten Family of Dealerships began December 7th, 1979 at the corner of 19th & Tilghman Streets in Allentown, Pennsylvania. This was the grand opening of Outten Chevrolet, Inc. Today, The Outten Chevrolet of Allentown showroom is located at 17th and Tilghman Streets while the pre-owned vehicles are displayed on 19th & Tilghman street. The dealership completed a complete renovation in 2012 and is now a state of the art facility fully prepared to meet the needs of our future customers and guests.

The Outten Dealerships have strong ties to the community charitable affairs sponsoring many local events and providing donations to local causes including Make a Wish Foundation, Toys for Tots, local fire departments,

and many more throughout eastern and central Pennsylvania.

Mission at Outten Chevrolet

Today, the Outten Dealerships are owned and operated by Willie and James Outten. Our organization is a family business. We work hard to recognize our own mistakes to build a stronger business for you, our customer. Thank you for reading this history of the Outten Dealerships and we hope you can find time to visit us soon.

We believe in giving the best service available to the community. We realize that the only way we will meet our goal of superior customer service is to be passionate about our customers



and the products we sell. We promise to offer a warm welcome and the most trained professionals to help you through the buying and service process.

Thank you for visiting our Virtual Dealership online. It is our goal to provide you with the best prices, selection and service in the state. We truly appreciate the opportunity to serve you and to earn your business. We have built this Virtual Dealership to give you all the information you need to make an educated decision. Our Virtual Dealership is open 24 hours a day, 7 days a week for your convenience.

Velocity Sports Performance at Game Time Fieldhouse

Velocity Sports Performance team at Game Time Fieldhouse, headed by Mike Cerimele, is the Official Strength and Conditioning Coach of the Lehigh Valley Steelhawks.

They offer a variety of programs for all levels of athletes in a variety of sports.

Our Coaches

A Velocity SP we select only the best of the best when it comes to our coaching staff. Unlike most gyms, our coaches are degreed and certified. Our

coaches understand that while they should push athletes to the limit, effective training also requires positive reinforcement and the use of methods that cater to each athlete's individual learning style.

Our Curriculum

Our programs are designed to help athletes achieve tangible results and continuously updated with the help of world-renowned sports performance coaches whose backgrounds include coaching numerous elite and professional athletes, collegiate national

champions, and All-Americans. Our programs are scientifically designed to improve speed, power,

and agility - the three pillars of athleticism. At Velocity SP, our groups average 6 athletes to one performance coach. We believe that training in small groups allows more personal one-on-one attention between coach and athlete, which ensures that each athlete will be able to get the instructions they need to improve.

Our Commitment

In our eyes, our work is never done. To better serve our clients we will always be adding new programs and features, and supplementing our current programs to ensure that we are always offering our clients the best of what's available in the sports performance, health and fitness industries.



Lehigh Valley Steelhawks Training Camp Roster as of 10/1/2013

QB Adam Bednarik—West Virginia (6'2, 225)

DB Devin Duggan—Duquesne (5'11, 212)

WR Eric Foxworth—Wagner (5'9, 200)

DB Terrence Osborne—Delaware Valley (5'9, 170)

WR Brandon Renford—Buffalo (5'9, 175)

DL Eddie Smith—Dartmouth (6'5, 280)

OL Justin Smith—Sacred Heart (6'3, 330)

FB Zak Tupper—East Stroudsburg (6'1, 250)

FB Rich White—Southern Illinois (5'9, 215)

DB Stefaun Whitehead—Bryant (5'11, 190)

K Michael Barnhard—Farleigh Dickinson (6'1, 218)

DL Rudy Cerami—East Stroudsburg (6'3, 310)

OL William Hall—St. Francis (6'5, 380)

LB Tim Hume—Cheyney (6'2, 265)

FB Mike Jones—SE Missouri St. (6'1, 250)

WR Jesse Julmiste—UMass (5'9, 175)

WR Rashad Rich—Bacone (6'1, 210)

1st Open Tryout for 2014 Season - To Be Held Nov. 24th

The Lehigh Valley Steelhawks professional indoor football team will be holding an open tryout for their 2014 PIFL season on Sunday, November 24th at Iron Lakes Sports Complex, the official practice facility for the Steelhawks. Located at 3625 Shankweiler Road, Allentown, PA. Registration begins at 10:00am.

Cost will be \$50 when a player pre-registers, \$60 at the door. Player evaluations will begin at 11:00am. Cost includes evaluation, drills, and testing by the Steelhawks Professional Coaching Staff, a Steelhawks t-shirt, and 1 ticket voucher to a 2014 game.

Registration is now available online, at the Steelhawks website, www.lvsteelhawks.com. Any player needing that needs to stay overnight may call the teams' Official Hotel Provider, the Best Western Inn and Suites (5630 Tilghman Street, Allentown) and ask for the Steelhawks rate of \$69/night rate.



www.lvsteelhawks.com

COME FLY WITH
US!

The Greatest Show on Turf returns to the Lehigh Valley! The Lehigh Valley Steelhawks, founded in 2010 are a professional indoor football team that plays in the Professional Indoor Football League (PIFL). The season runs from February all the way through June.

We hope to see you at the Stabler Arena to cheer on your hometown team this season, as they strive to bring the Champions Cup to the Valley.

Our mission is "To consistently serve our Guests [Ticket Holders], Partners [Sponsors], and our Homes [Teams Cities] at the highest possible level and to do so with integrity, kindness, affordability, and passion on the field, in our front offices, and around the communities in which we play."

Season Ticket Packages NOW ON SALE FOR AS LITTLE AS \$8 per game!!! Call 610-282-3100 to get yours today!