

# The Hawks Nest

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Lehigh Valley Steelhawks



## 2014 Home Opener Review

The Lehigh Valley Steelhawks successfully kicked off their 2014 season on Sunday, April 6th.

In front of a crowd of almost 2,500 people inside Stabler Arena, the Steelhawks earned a 48-47 comeback win over the Trenton Freedom.



The back and forth game saw eight lead changes. The game came down to the last possession for both teams.

After the Steelhawks scored to cut Trenton's lead to 6 points with 3:04 left on the clock, the defense needed to create a stop to give Lehigh Valley a shot to have a game winning drive.

DL Brandon Sutton and Larry Ford teamed up to get a big sack on 2nd down leading to Trenton turning the ball over on downs. With 33 seconds left on the clock, QB Adam Bednarik found WR Brandon Renford wide open in the end zone to tie the game at 47. Needing the extra point to

win, K Michael Barnard came through in the clutch and converted the PAT.

Again, the Steelhawks turned to their defense to stop the Freedom. As time wound down, DB Dwayne Hollis intercepted the hail mary attempt and ended the game, giving the Steelhawks the win.

Not only were the fans entertained with the action during the game, but they had plenty to watch when the game wasn't in action.

The Precious Metal Dance Team held their annual dance clinic, their largest ever, having over 100 little girls and boys participating. Those mini-Metals performed at halftime along side the Dance Team.

Other half time entertainment included the Bucket Drummers, who are always a fan favorite, lived up to expectations and had another great performance.



Throughout the game, fans are selected to participate in on field promotional activities during timeouts.

Favorite ones on the night were the Team X Giant Balloon where teams compete to push a giant beach ball into the end zone. The biggest hit on the night was the new Chick-fil-A cow drop. Fans had the opportunity to catch cows parachuting down from the ceiling of Stabler Arena!

The Steelhawks next home game is Saturday, April 26th, when they take on the Trenton Freedom again. It will be the teams 2nd of 3 scheduled meetings in the 2014 season. Kickoff is at 7:00pm. Both teams are members of the National Conference.

We hope to see you at the Steelhawks' home games this season!

### Next Home Games:

- 4/26: Home Game vs. Trenton Freedom  
◆ Presented by ESSA Bank & Trust
- 5/3: Home Game vs. Harrisburg Stampede  
◆ Presented by Highmark Blue Shield

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## 2014 Preview: Lehigh Valley Steelhawks (from the PIFL)

*From the League Office*

By: Matthew Hester

Professional Indoor Football League  
Communications Director

**2013 Record:** 7-5 (3rd)

**Last Playoff Appearance:** 2013 (0-1;  
40-44 (L) @ Richmond)

**Coach (Record):** Chris Thompson  
(86-42 overall record; 13-15 with Lehigh Valley)

**Returning Offensive Star:** QB Adam Bednarik (252 for 358 with 11 interceptions, 2,837 yards, and 53 touchdowns)

**Returning Defensive Star:** DL Larry Ford (17 tackles, 7.5 sacks, and 3 fumble recoveries)

**Offensive Team Rank:** 1st overall (1st rushing, 1st passing); 2nd scoring (55.6 ppg)

**Defensive Team Rank:** 5th overall (4th rushing, 5th passing); 4th scoring (49.8 ppg)

**Key Additions:** FB Mike Jones (Richmond), DL Justin Wells (Knoxville), DL Brandon Sutton (Richmond)

**Key Subtractions:** LB Brandon Roundtree (Harrisburg), DL Bryan Wick (Harrisburg), DB John Kennedy (Trenton), WR Tyrone Collins (AFL), WR Thomas Gilson (AFL)

**Marquee Matchups:** @Harrisburg (Week 3); @Richmond (Week 11)

**Outlook:** Lehigh Valley made their 2013 debut season in the PIFL one to remember reaching the playoffs only



to suffer a last-second defeat in the semi-

finals. The Steelhawks return in 2014 in the newly cemented National Conference and once again look like a playoff contender thanks in large part to the return of quarterback Adam Bednarik.



Compared to a season ago, the Steelhawks entered their first training camp in the PIFL with many looming. Could they transition into the style of play in the PIFL? In the beginning they gave their critics much ammo starting the first half of the season at 2-4. The detractors ended up going quiet when the Hawks went on a four game winning streak in addition to a season finale that ended the 15-game home winning streak of the then defending PIFL Champion Albany Panthers vaulting Lehigh into the playoffs as the third seed.

Returning under-center is All-PIFL QB Adam Bednarik who obliterated opposing defenses with his uncanny precision. In 2013, Bednarik led all passers in completion percentage (70.4) and passing efficiency (112.8) while throwing just eleven interceptions on 358 attempts. Quarterback is the most vital role on the football field and the Hawks return the league's best.

Adam will have to find new receiving targets as his top two targets from a season ago, 2013 Offensive Rookie of the Year Thomas Gilson and Tyrone Collins, both look to be feature receivers for their respective AFL squads.

Along with the receiving core, Lehigh Valley will feature an entirely different squad from the one they had a season ago. Much like Bednarik, only one key stalwart, DL Larry Ford, returns on

defense. In 2013, Ford led the club in sacks (7.5) and fumble recoveries (3). In free agency the club signed key free agents DL Justin Wells (Knoxville), DL Brandon Sutton (Richmond), and DL Michael Woodhouse (Richmond) in hopes of igniting a defense that finished in the bottom half in total defense.

Infused with a large stable of rookies, the Hawks will appear to spend much of their training camp trying to find a cohesive offensive line unit. Currently in camp, six rookies are vying for three starting positions. The only returning starter, Justin Smith, is currently on the non-football injury list and could miss the start of the regular season. Last season, Lehigh Valley gave up the most sacks of any team in the PIFL (32).

For a return trip to the playoffs the Steelhawks will have to face off against two new formidable division foes including in-state rival Harrisburg and the expansion Trenton Freedom three times. Only 85 miles apart, the Hawks and Stampede will naturally become rivals setting hope what hopes to be some epic battles.

But the true test will come in the second half of the Hawks season when they encounter their Achilles heel from a season ago in the Richmond Raiders. Despite the winning margin being less than a touchdown, including the semi-final playoff loss the Raiders managed to sweep the three games over Lehigh Valley.

With two teams from the National Conference earning bids to the playoffs, the Hawks chances of making it back may rest on how they fare in those two last season pivotal matchups including one taking place on the season's final week.

*(Note all player signings are up to date as of 3/23/2014)*

## **Behind the Scenes:**

### **Sponsors Involved in Launching a Home Game:**

**W**e'd like to take a moment to thank all the sponsors that help to make sure each Home Game is able to be played. You might not be aware how many different people are needed to make sure everything is ready in time for kickoff each week.

Sponsors crucial to making sure everything is ready to go include:



**ServiceMASTER Clean**  
by Round the Clock  
Cleaning Service

Meadow's: preparing and delivering the pre-game meal to the arena for the players to eat prior to the game

Baby-got-Que: preparing and delivering the post-game meal to the arena for the players to enjoy after the game

Service Master Clean: making sure the turf is clean

Valley Wide Signs: especially for the Home Opener each year, making sure all our sponsors banners and dashers are ready to be put up around the arena

**ValleyWide**  
SIGNS & GRAPHICS

Pete Romeo: fixes and repairs the walls and makes sure the field/walls are playable

### **St. Luke's Medical Staff:**

**O**ne group of people we absolutely could not survive without is the amazing staff at St. Luke's University Health Network. From the training staff to the doctors, they keep our guys on the field and provide them the best medical care possible. That staff includes:

#### **Dr. Gregory Carolan, MD: Head Team Physician**

—Dr. Gregory Carolan is a graduate of the University of Medicine and Dentistry of New Jersey. He completed his orthopaedic surgery residency at the Hospital of the University of Pennsylvania and a fellowship in arthroscopy and orthopaedic sports medicine at San Diego Arthroscopy & Sports Medicine and the University of California – San Diego. Dr. Carolan is board certified in orthopaedic surgery and is section chief for Orthopaedics Sports and Shoulder and Associate Program Director of St. Luke's Orthopaedic Surgery Residency Program. He specializes in orthopaedic sports medicine.

#### **Dr. Steve Puccio, DO: Team Physician**

—Dr. Steven Puccio is a graduate of Philadelphia College of Osteopathic Medicine. He completed his orthopaedic surgery residency at Peninsula Hospital Center and a fellowship in spinal surgery at New England Baptist Hospital. Dr. Puccio is board certified in orthopaedic surgery and a fellow of the American Osteopathic Academy of Orthopaedic Surgery. He specializes in spinal injuries, diseases and degenerative conditions.

#### **Brian Gloyeske, MS, ATC, LAT: Head**

**Athletic Trainer**—Brian Gloyeske is serving in his fourth year as the Head Athletic Trainer for the Lehigh Valley Steelhawks of the Professional Indoor Football League. Brian is an Instructor in the Athletic Training Department at East Stroudsburg University of Pennsylvania and also serves as an Athletic Trainer for St. Luke's University Health Network.

Brian is licensed to practice as an athletic trainer in both New Jersey and Pennsylvania and was formerly the Assistant Athletic Trainer at Warren Hills Regional High School in New Jersey. A 2010 graduate of the University of Toledo's Athletic Training Program, Brian completed his Advanced Clinical Practice Master of Science degree at East Stroudsburg University of Pennsylvania in August of 2011.

#### **John Hauth, EdD, LAT, ATC: Head Athletic Trainer**

—Hauth is serving in his third year as the Director of Sports Medicine Services for the Lehigh Valley Steelhawks of the Professional Indoor Football League. Dr. Hauth is the Chairperson of the Athletic Training Department at East Stroudsburg University of Pennsylvania and also serves as Manager of Sports Medicine Relations for St. Luke's University Health Network.

Hauth has nearly thirty years of experience as an athletic training educator and has been recognized by ESU as a Distinguished Professor. Hauth is licensed to practice as an athletic trainer by the PA State Board of Medicine and has held National Athletic

Trainers' Association Board of Certification (BOC®) since 1983. He served as the Head Athletic Trainer for ESU Football and Wrestling from 1985-1997.

John is a former President of the Pennsylvania Athletic Trainers' Society, having served on the Board of Directors from 1992-1998. He is a recipient of the Board's Outstanding Service Award and continues to be active on the state and national levels. He was inducted into the PA Athletic Trainers' Hall of Fame in 2009.

#### **Maria Pavlo, LAT, ATC: Head Athletic Trainer**

—This is Maria Pavlo's second year as a member of the Steelhawks Athletic Training Staff. Maria served as an undergraduate athletic training student during the 2013 campaign and we are happy to welcome her back as the Assistant Athletic Trainer for the exciting 2014 season.

Maria is a 2013 graduate of East Stroudsburg University's Athletic Training Program. During her time at ESU Maria was a member of the Athletic Training Honor Society, Iota Tau Alpha, was awarded the Dave Carlyon Outstanding Athletic Training Student Award, and graduated with honors. Maria is licensed to practice as an Athletic Trainer by the PA State Board of Medicine and also holds her National Athletic Trainers' Association Board of Certification (BOC®). Along with working with the Steelhawks, Maria also serves as an Athletic Trainer for Easton High School through St. Luke's University Health Network.

## Lehigh Valley Steelhawks Roster as of 4/14/2014

K Michael Barnard—FDU (6'1, 218)	DB Dwayne Hollis—NC Wesleyan (5'10, 180)	DB Terrence Osborne—Del Val (5'9, 170)
QB Adam Bednarik—West Virginia (6'2, 225)	LB Tim Hume—Cheyney (6'2, 265) (IR)	OL Joseph Pearson—Guilford (6'2, 300)
LB Jonas Celian—WV Wesleyan (6', 225)	WR Jesse Julmiste—UMass (5'9, 175)	WR Scott Pillar—Albright (6'1, 190)
DL Sajjad Chagani—Lehigh (6'1, 255)	OL Corey Konycki—Robert Morris (6'3, 295)	WR Brandon Renford—Nassau C.C. (5'9, 175)
WR Matt Coston—Lincoln (6', 190)	OL Daryl Kurtz—Bloomsburg (6'4, 280)	DL Brandon Sutton—Catawba (6'3, 290)
LB Cory Darby—Kutztown (6'4, 225)	OL John Lavelle—Delaware Valley (6'2, 295)	OL J.B. Walton—WV Wesleyan (6'3, 307)
DB Devin Duggan—Duquesne (5'11, 212) (IR)	FB Jeff Link—Robert Morris (6'1, 250)	DL Justin Wells—UAB (6'3, 300)
DB Stanley Dunbar—Rhode Island (5'10, 200)	WR Richie Martin—C. Conn St. (6'1, 200)	DB Stefaun Whitehead—Bryant (5'11, 190)
DL Larry Ford—West Virginia (6'4, 260)	QB Shane McSweeney—Wesley (6'2, 218)	DL Michael Woodhouse—Montgomery JC (6'4, 270)

### Player Focus: Defense

This month's player focus is on the entire Steelhawks defense. They have been crucial down the stretch, sealing games by forcing turnovers late in the game.

In the team's 35-27 win over Harrisburg, the defense only allowed one touchdown in the second half. Early in the season, we are ranked second as a scoring defense, only allowing 37 points per game.

Individually, the Steelhawks have four players in the top ten of all players for tackles made:

DB Dwayne Hollis - 15.5 (2nd),  
DB Stefaun Whitehead - 15 (3rd),  
DB Stanley Dunbar Jr. - 12.5 (4th),  
LB Mike Woodhouse - 8 (8th).

Hollis is also tied for the top spot in interceptions with 3.

DL Justin Wells is 2nd in the league with two sacks.

As a team, the Steelhawks are 3rd in sacks with 5, trailing the leaders, Columbus and Trenton (6).

The Steelhawks were expecting this kind of performance from the defense coming into the season and they haven't disappointed. While the offense is still finding it's rhythm, the team will continue to rely on the defense to keep them in games.



[www.lvsteelhawks.com](http://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!