

The Hawks Nest

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A NEW HOME FOR THE STEELHAWKS

By: Mike Clark
EVP and GM

One thing that both Coach Thompson and myself will be focusing on this off-season is the potential of moving into a brand new state of the art arena for the 2014 season. The Lehigh Valley is a growing market and one of the top minor league sports markets in the country, and this arena will be the pinnacle of ex-

cellence with 8,500 seats right in the downtown heart of Allentown. Coach Thompson and myself will work our due diligence so set the SteelHawks apart from every other organization in the country. We want this to be the premier location for free agent football players to come and play, while enjoying all the perks that come along with it. We already have the best medical staff system there

is, a fantastic living arrangement for our players, multiple food options during the season, and a fantastic fan base and partners who come out and support the team for all events. Being a part of the SteelHawks Nation is an honor, and we welcome you all as family when you come to play here. LETS GET THAT BIG FAT RING IN 2013!

ONE OF OUR TRADE PARTNERS

FITNESS Allentown and Easton locations available to you.

LA Fitness is one of the state of the art work out facilities. LA Fitness provides great customer service as soon as you walk into the facility. You will find cardio area, group workout rooms, specialty classes such as Yoga, Kickboxing cardio and much more. Use the indoor heated pool, steam room, and sauna.

Take a virtual tour by clicking [here](#).

If you have any questions on any of our trade partners, reach out to our Director of Performance Partnerships, Tammy Santiago.



MEET A STEELHAWK VETERAN-Mike Byrne

PLAYER - Mike Byrne

HOMETOWN: Manheim, PA

FOOTBALL BACKGROUND:

College: University of Delaware

NFL EXPERIENCE: Maimi Dolphins 08

CFL EXPREIENCE: Calgary Stampers' CFL, 08,09

INDOOR EXPERIENCE: Pittsburgh Power, AFL,
2011, LV SteelHawks 2012

OFFSEASON TRAINING FOR 2013 - I am a trainer with Power Train Sports Institute in Lancaster. All Power Train programs are individually tailored to each athlete's needs and implemented with ONE-ON-ONE personal training to ensure safety and maximal results. I use our system to train myself. It includes eccentric weight training, and both training the lactic and alactic energy systems for speed and conditioning.

See some of Mike's clients [here](#).



CAREER ASPIRATIONS: I have already played my highest level of football, now I am focused on joining a state or federal level police organization.

STEELHAWK EXPERIENCE: The best thing about the SteelHawks organization is the family feeling I get from the front office, through the coaches, and down to the players. I always feel like I am wanted here. I also know that everyone within the organization cares about taking this team to a Championship.

MULTITASKING WITH CHRIS THOMPSON

By Chris Thompson
Head Football Coach/
Assistant GM

The offseason is well underway and preparations for the 2013 season is filled with multitude of things within the front office. I am focused on player evaluations to player recruiting to appointment setting with potential sponsors and partners to renewing previous agreements for 2013.

A priority for me has been finalizing the 2013 Assistant Coaching staff, re-signing guys back from

this past 2012 season and potentially signing new free agents. Both initiatives are off to a great start and we look forward to adding press releases and updates over the few months. We will be working on all of this up to the start of Pre-season camp in mid-February.

The other major time consumer for me has been finalizing our 2013 Hotel and housing partner. I am thrilled to say that it will be the Comfort Suites of Allentown/Dorney Park for the next 2 years. Our guys will have state of the

art housing needs, with each room having (2) Queen-size beds, a microwave, refrigerator, Wi-Fi Connection, Complimentary Breakfast and discounted access to the Lynx Bar and Grill Restaurant located inside the hotel. Our family, friends, and fans will also be thrilled to stay there as well, as we will be receiving a SteelHawks Rate of only \$69/night as well. This is a very exciting new partnership as we move forward in building our 2013 SteelHawks and our quest for our first ever Championship. Have a look at the hotel for yourself [here](#).

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- > Details on our November Tryout
- > Meet one of our coaches
- > Meet another SteelHawk Veteran
- > Meet another trade partner