



WHY SHEN HOCKEY?

1. Play for your school team.
2. Play with your friends and in front of your friends.
3. Friday night home games.
4. Dedicated state-of-the-art locker room facility.
5. All exterior equipment provided by the school.
6. Tape & skate sharpening services available every day.
7. Video analysis 1-2 times a week.
8. Highly qualified non-parent coaching.
9. Full time certified Athletic Trainer; IMPACT concussion baseline testing.
10. After school practice times (3:30-5:15 @ CPA; shuttle bus provided).
11. On ice 5-6 days a week (Sunday's off).
12. Team bus to all away games.
13. Do you play a fall sport? ...or a spring sport? You still can! No more choosing 1 sport over another.
14. Want more hockey? Play for one of our *before-season* "Jr. Plainsmen" Midget Teams (16U or 18U).
15. Underclassmen have the opportunity to make our practice team while still being allowed to play for their youth hockey team.
16. Play for a competitive hockey program that places an emphasis on classroom performance and personal conduct.
17. Perennially ranked as one of the top HS programs in New York State with numerous league, sectional & regional championships.
18. No more travelling outside state lines every other weekend. We schedule non-league games & scrimmages against the best HS programs in NY.
19. We are a high school team that is run like a college program.
20. Well organized, competitive hockey at a great value.
21. Optional fundraising opportunities to lower your expenses even more!

CDHSHL CHAMPIONS - 1981, 1983, 1984, 1985, 1986, 2000, 2003, 2004, 2006, 2007, 2008, 2011
SECTION II CHAMPIONS - 1981, 1984, 2003, 2004, 2005, 2006, 2007, 2008
NYSPHSAA REGIONAL CHAMPIONS - 1985, 2004, 2005