



Ryan Roethke '23 and Eli Tiernan '24 happily celebrate after a goal that puts the Bison in the lead. Photo by Brooke Heil



MENTAL STRENGTH Ryan Roethke '23 blocks his opponent to get an open shot. Roethke takes time to visualize before every game. "I have been preparing as much as I can, I feel like preparation is a big part of the game," Roethke said. "I think of what I'm going to experience before I step on the ice." Photo by Brooke Heil



TAPE TRADITIONS James Winter '23 cuts across the ice to receive a pass. To calm his nerves, Winter taped his stick and listened to music before every game. "It's been the same since sophomore year, it hasn't changed at all," Winter said. "If I don't do my pregame tradition, I probably won't play that game. I don't think I could play a game without doing it." Photo by Brooke Heil



STAYING RELAXED Alexander Preugschas '23 glides behind the net after the whistle. As a tradition, Preugschas and his teammates play a game with a soccer ball before every hockey game. "We play ladders and clocks before every game," Preugschas said. "It's where the first person has to juggle it one time, the next person twice, then three and four until you can't do it any more." Photo by Brooke Heil

pre-game traditions

Every player takes a different approach to preparing for a game

ice ice baby

The hockey team gives back to the program that started their love for the game

Passed down size 6J skates with worn laces was the start of 15 years of Buffalo hockey: a program that has given the high school team a place to grow and give back.

Griffin Valli '23 and Maxwell Varner '24 have been playing hockey since a young age and now, as varsity players, they both understand the impact that working in the youth program has on the young players.

"I know that when I was younger, I looked up to every varsity player," Valli said. "It's kind of weird because when you get to the varsity level, you don't think that they look up to you, but when you practice and play with them, it becomes very clear that they do."

The high school players were role models to Eli Tiernan '24. Being involved in the Buffalo Youth Hockey program since he could start playing, Tiernan remembers the positive example the players brought to the game.

"I was involved with a lot of members. The older boys were always getting to know us more. They always got involved with stuff. They were honestly really good guys," Tiernan said. "They made high school hockey cool. We always just wanted to be with the boys."

Now as the role models on the ice that they looked up to when



they were young, the hockey team has invested time into making youth hockey a welcoming and encouraging environment. Hunter Dalum '23 wants to help the younger players know that they have a future in the sport.

"I look back to when I was really young, and I wasn't the greatest hockey player. I didn't make the A teams the first time around at the competitive youth level," Dalum said. "I know I can connect with some players who are like me, and I want to help out and let them know that these are the years of development. Don't take these years for granted because one day you can very well play high school hockey if that's your goal."

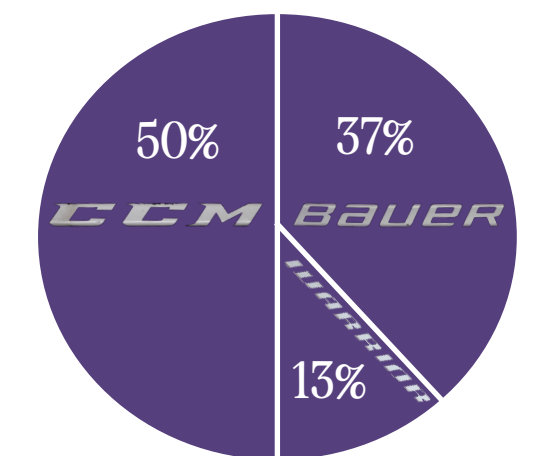
Story by Reagan Stromberg & Jack Henry



1. Griffin Valli '23 Photo by Matthew Scherber
2. Eli Tiernan '24 Photo by Matthew Scherber
3. Hunter Dalum '23 Photo by Reagan Stromberg
4. Maxwell Varner '24 Photo by Matthew Scherber

pick a stick

Poll shows player preference on stick brand



"After scoring the game winning goal, we were ten minutes away from knocking off Wayzata, one of the best teams in the state." Maxwell Zook '23 Photo by Brooke Heil