

# Northern Lights Building on Success

01/04/2014, 6:45pm CST

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## Northern Lights are not Rebuilding, Just Retooling!

### Northern Lights 2 Time Defending Champs Reset

After back-to-back seasons of finishing at the top of the standings winning an astonishing 87 out of 98 games and winning two consecutive championships the Lights lost all but one member of the team and the coaching staff. All signs were pointing to a rebuilding season on paper. **Tony Pnewski** instantly became the only veteran on the team, and everyone else on the squad including the head coach was all brand new to the team. **Andrew Bergquist** came over from the Lakers and **Tyler Robert** has also helped become solid locker room leaders under the leadership of new head coach Craig Shepherd.

Craig has filled the position perfectly as the team benefits not only from his experience but also his ingrained mental philosophy that inspires a can do belief and motivation to keep focused on consistent improvement on and off the ice. Shepherd firmly believes that a team can still be successful even during the rebuilding seasons. During my talks with Craig the thing I took to be most inspiring was what he said about Rome, something that anyone who meets him is sure to learn.

“Rome was not built in a day because I was not ruling when it was built” ~ Craig Shepherd

Another aspect that is to be highly respected of Craig is why he feels so strongly about coaching. He shares his story about how every where he went he was not a star, nor was he “suppose” to be there, but he kept proving people wrong and proved to many that with hard work and dedication reaching ones goals is truly attainable. He inspires his players by being a living proof model of success built by believing in oneself and working endlessly to achieve one’s goals. For more information about coach Craig Shepherd check out this link to Applied Hockey Sciences.

<http://www.appliedhockeysciences.com/programdirectorcraigshepherd.html>

Despite having the youngest team in the league his squad has matched up very well vs. any team they face. The Lights are the only team in the Division to not have a losing series match up vs. any team in the league. Every other team in the Division has at least one squad to which they have a losing series record verses. Coach gives a lot of credit to his guys on this end as he spoke very highly of the team being a great bunch of kids who have really worked hard all year in the trenches and their hard work is truly paying off on the ice as they have continually impressed their opponents and fans.