



**VA Health Care Upstate New York
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Veterans Host Sled Hockey Tournament This Weekend

There will be plenty of great sled hockey action taking place during a tournament to be held on Saturday and Sunday, December 19-20, at the Lockport Cornerstone Ice Arena located at 34 Chestnut Street, Lockport, New York. The Founders League Weekend Tournament will also include teams such as The Buffalo Sabres Sled Vets, The Mountain Warriors, The Ohio Warriors, The Wooster Wildcats, The Central New York Flyers, and The Pittsburgh Mighty Ducks. Sled hockey action across two divisions of teams will go virtually non-stop on both rinks located at the Lockport Cornerstone Arena from 10:00 am until 9:15 pm on Saturday, and from 8:00 am until 12:30 pm on Sunday.

The Buffalo Sabres Sled Vets Hockey Team is sponsored by the Buffalo Sabres Foundation, National Fuel, and VA Western New York Healthcare System's Recreation Therapy Program. Local sled hockey partnerships began in the fall of 2011, when a free hockey clinic was offered to Veterans in the Western New York area.

Recently, the Buffalo Sabres Sled Vets won the Tier 4 USA Hockey Sled Classic at Coral Springs, Florida.

This tournament victory was a great morale builder for the team. Pamela Kaznowski, Recreation Therapy Supervisor for VA Western New York Healthcare System adds that "sled hockey is great for all Veterans who are looking for a challenge – the benefits derived from sled hockey are endless." The sled hockey experience brings Veterans together for camaraderie, physical workouts and healthy competition.

Veterans in the Western New York area can learn more by calling Pamela Kaznowski at 716-862-6814 or by email at Pamela.Kaznowski@va.gov.

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