



Jim Sutow

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Jim Has been involved in hockey since age five. He grew up playing at Old York Road. He played High School hockey for Abington and was a member of state championship teams in 1976 and 1978. After that, he played two years of Prep School hockey: one year at The Hill School in Pottstown, Pa. and the second year at the Northwood School in Lake Placid, NY. Jim played his college hockey at Elmira College/ Division II and graduated in 1984.

More recently, Jim has coached the last seven years for the Ice Dogs.

Coaching Experience

- **Ice Dogs:**
 - 2005-Squirt AA DVHL Champions
 - 2006-Pee wee A Atlantic District runner up
 - 2007-Pee wee AA DVHL Champions /Atlantic District Champions / National Championship
 - 2008-Bantam A District Champions
 - 2009-Bantam AA DVHL Champions
 - 2010-Midget 16AA Playoff Qualifier
 - 2011-DVHL Champions 24-0
 - 2011 District Champions
 - 2011 National Championship Qualifier
 - 7 year record 350-88-44 (.770 winning percentage)

- **LaSalle High School Varsity AAA - Assistant coach:**
 - 2008-PA. State Champions
 - 2009-PA. State Champions
 - 2010-Flyers Cup Qualifier
 - LaSalle 2011 Flyers Cup Champion
 - LaSalle 2011 State Championship runner up.

Coaching Philosophy

I will push my players to their maximum everyday in practice and in games. We will emphasize skill development as well as implement those skills into our system. Our expectations to win will be very high but at the same time we expect all players to "Honor The Game", and respect their coaches, teammates and opponents.