



THE DUNGEON DISPATCH
PALMYRA BLACK
KNIGHTS 2011 • 150 AAA



WEEK 3

MONDAY, AUGUST 31, 2026 | CHALLENGER SERIES EDITION

FROM THE DUNGEON

After defending the Dungeon during our home-opening weekend against Philadelphia Hockey Club, the boys got right back to work. With a short week ahead, our focus quickly shifted toward preparing for the **Detroit Little Caesars Challenger Series** and another opportunity to test ourselves against high-level competition.

This week also marked an important transition away from the rink, as the majority of our players began their academic year. Our team will attend a variety of public, private, and cyber schools throughout Pennsylvania, creating different schedules, responsibilities, and daily demands for each player.

As those routines begin to take shape, our guiding principle remains the same:

P.R.I.D.E.
PERSONAL RESPONSIBILITY IN DAILY EXCELLENCE

Being a Black Knight means learning to manage **school, hockey, recovery, relationships, and personal responsibilities** with purpose. Excellence isn't something we turn on when we arrive at the rink. It's built through the decisions we make throughout the entire day.

New routines. New challenges. **Same standard.**

CHAMPIONSHIP BEHAVIOR: RECOVERY

This week's Championship Behavior spotlight focuses on an essential part of our team's identity:

RECOVERY

Recovery is something we take seriously.

Our players have demanding days filled with academics, training, travel, hockey, and personal responsibilities. Throughout the grind of a long season, they will be challenged both physically and mentally. How they recover from those demands will directly impact their ability to learn, compete, develop, and perform.

Recovery isn't simply taking a day off. It means intentionally taking care of your body and mind through quality nutrition, hydration, sleep, mobility, stretching, breathing, and proper preparation between training sessions and games.

These habits may seem small individually but consistently executing them allows our players to bring the juice in every area of their lives.

For our players, it's another reminder that improvement doesn't only happen when we step onto the ice.

What we do between practices matters.

What we do away from the rink matters.

How we prepare to perform again matters.

Championship behavior starts long before the puck drops.

P.R.I.D.E.

PERSONAL RESPONSIBILITY IN DAILY EXCELLENCE

THIS WEEK IN THE DUNGEON

Week 3 took the Black Knights on their first test away from the Dungeon, as the team traveled to Detroit, Michigan, for four games at the **Little Caesars Challenger Series**.

Hosted at the BELFOR Training Center inside Little Caesars Arena in downtown Detroit, the weekend provided our players with an unforgettable setting. From seeing **the** Original Six logo at center ice to looking up at the Stanley Cup banners and experiencing the history and tradition of Hockeytown, the boys were **JUICED** for the opportunity to compete and showcase the work they have put in.

With four games against some of the country's top programs, we knew the weekend would challenge us—and that was exactly what we wanted.

The challenge arrived immediately.

In Game 1, a sluggish start put the Black Knights in a 3–0 hole against the St. Louis AAA Blues. Rather than allowing the deficit to define the game, the group responded. PBK stayed together, continued to compete, and chipped away one shift at a time. In vintage Black Knights fashion, a complete team effort fueled an exciting comeback as PBK scored four unanswered goals to earn a 4–3 victory.

That momentum carried into the rest of the weekend.

PBK followed the comeback with a convincing 7–1 win over the Cleveland Barons before battling to a 3–2 victory over Detroit HoneyBaked, improving to 3–0 on the weekend. The showcase concluded Sunday morning with a 7–3 loss to the Oakland Jr. Grizzlies, sending the Black Knights back to Pennsylvania with a 3–1 record.

Three wins against quality competition made the trip a successful one—but perhaps the most encouraging moment came after the final horn on Sunday.

There was no sense of satisfaction. There was **hunger**.

Our players left the arena knowing there is another level for this group to reach. Winning matters, but so does recognizing where we can improve and having the desire to get back to work. Throughout the four-game weekend, 14 different Black Knights contributed to the scoresheet, highlighting the depth of our group and the complete team effort required to compete at this level. Three wins. Four valuable tests. Countless lessons. Back to Pennsylvania. Back to work. Keep climbing.

PBK 4 | STL 3

The Black Knights battled back down 3-0 to win 4-3

GOALS

Rosario Picciola, Callan Pearson ,Rogen Zuccherro x2

ASSISTS

Callan Pearson, Will Bailey, Victor Brunelle x2, Cameron Kertulis, Alex Ladygine, Cullen Widener

Broc Eardley earned the win making 29 saves on 32 shots

PBK 7 | CLE 1

The Black Knights dominated the game from start to finish, having tremendous success on special teams, getting lots of contributions while limiting the opponent to just 9 shots on goal.

GOALS

Rogen Zuccherro, Victor Brunelle, Rosario Picciola, Callan Pearson, Felix Couillard, Jake Osekowski, Cameron Kertulis

ASSISTS

Owen Criner, Victor Brunelle, Charles Couillard, Cameron Kertulis x2, Callan Pearson, Will Bailey x3, Brady Schmidt, Colin Fitz, Aiden Snowden, Cullen Widener

Aiden Jones earned the win making 8 saves on 9 shots

PBK 3 | HB 2

Game 3 was a back and forth contest that saw PBK take an early lead before falling behind 2-1, and eventually prevailing with a late 3rd period goal to secure the victory.

GOALS

Victor Brunelle, Rosario Picciola, Callan Pearson

ASSISTS

Callan Pearson x2, Alex Ladygine, Cameron Kertulis, Rosario Picciola

Broc Eardley earned the win making 15 saves on 17 shots

PBK 3 | OJG 7

The Black Knights ran into special teams' trouble before losing for the first time this season.

GOALS

Callan Pearson, Victor Brunelle, Rosario Picciola

ASSISTS

Cameron Kertulis x2, Callan Pearson, Rosario Picciola, Rogen Zuccherro

Ayden Jones recorded 26 saves of 33 shots in the loss.



*FILM SESSION @ LITTLE CAESARS ARENA NHL VISITING ROOM
WITH JOHN SNOWDEN - HEAD COACH LEHIGH VALLEY PHANTOMS
AHL * ----->

20 INDIVIDUALS → 1 TEAM

THE PBK STANDARD • CHAMPIONSHIP BEHAVIOR • THE KNIGHT WAY

OWNERSHIP • SELFLESS • RELENTLESS • DISCIPLINE • PREPARATION



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WEEK 3

MONDAY, AUGUST 31, 2026 | TRAINING CAMP EDITION

NEXT UP — DEVELOPMENT WEEK

With the Little Caesars Challenger Series complete and our first showcase officially behind us, the team now shifts its focus toward an important Development Week.

Competition gives us an opportunity to measure where we are. Development gives us the opportunity to decide where we go next.

This week, we will take advantage of valuable time away from competition to invest in our players. With additional opportunities in the weight room, shooting room, film room, and on the ice, our focus will be on identifying areas for growth, reinforcing good habits, and continuing to build our individual and team foundation.

Having the time and resources to truly develop rather than simply prepare for the next game is a luxury—and one we will not take for granted.

Every game provides feedback. Every experience gives us something to build from. The standard is to be intentional enough to use those lessons to get better.

NEXT STOP: PITTSBURGH, PENNSYLVANIA

September 12–13, 2026

The Black Knights will enjoy a development week over the Labor Day holiday before returning to action September 12-13 at UPMC Arena vs Pittsburgh Penguins Elite 15O AAA team in Cranberry Township, PA.

This will be our first true road test of the 2026–2027 season and another opportunity to compete against a fellow team that competed at the 2025-2026 USA Hockey National tournament. Our group will compete, continue to grow together, and while further establishing our identity.

Follow @PBK_2011 on Instagram throughout the weekend for game coverage, updates, and live-stream information.

THE DUNGEON → PITTSBURGH

Keep Climbing – K2

NEXT BATTLE

PBK (4-1) @ PITTSBURGH PENS ELITE

Saturday, September 12 •
2:30 PM vs Pittsburgh
Penguins Elite
Sunday, September 13 •
11:40 AM vs Pittsburgh
Penguins Elite

BOTH games will be
played at
**UPMC Lemieux Sports
Complex**

Upcoming games @ UPMC Lemieux Sports Complex



BLACK KNIGHT SPOTLIGHT

SHIELD & SWORD

FIRST SHIELD AND SWORD OF THE YEAR!

SHIELD-awarded to the player who defended the shield!



COACHES' CORNER | PREPARATION

This week's message from the coaching staff highlights an essential component of Championship Behavior: RECOVERY. Building off last week's focus on PREPARATION, we want our players to understand that being prepared isn't limited to what happens before practice or a game. How you recover today directly impacts how prepared you are to perform tomorrow. Recovery is part of the work. Hydration. Nutrition. Sleep. Mobility. Stretching. Warm-ups. Cool-downs. These aren't optional extras. They are essential

habits for maximizing performance as a student-athlete throughout the demands of a long season. Now comes the next step: OWNERSHIP. As mature, driven young men, our players must take ownership of these processes without needing to be constantly reminded. Coaches can provide the resources, education, and expectations—but ultimately, each player must make the daily decisions necessary to take care of his body, prepare his mind, and be ready to perform. Why does that matter? Because OWNERSHIP is SELFLESS. When every player takes responsibility for his preparation and recovery, he isn't only helping himself—he is becoming a more dependable teammate. Our goal is for everyone in our organization, from players and goaltenders to coaches and staff, to have 100% unwavering confidence that the person beside them has done everything possible to be ready. That's how trust is built. That's how standards become habits. That's how teams prepare to perform when it matters most.

RECOVER WITH PURPOSE. PREPARE WITH INTENT. TAKE OWNERSHIP.
That is Championship Behavior.

DO YOU KNOW WHAT MOUNTAIN THIS IS?-- →



RECOVER

WARM UP

COOL DOWN

HYDRATE

FUEL

SLEEP

OWNERSHIP • SELFLESS • RELENTLESS • DISCIPLINE • PREPARATION