



**THE DUNGEON DISPATCH**  
**PALMYRA BLACK**  
**KNIGHTS 2011 • 150 AAA**



## WEEK 1

**SUNDAY, AUGUST 16, 2026 | TRAINING CAMP EDITION**

### FROM THE DUNGEON

What a great Week 1 of training camp. The team brought our core values into their everyday lives with attention to detail - that is THE KNIGHT WAY. Our guiding principle this season will be P.R.I.D.E. - Personal Responsibility In Daily Excellence. Excellence is not achieved through occasional great performances; it is built through the small decisions we make every day. Each player will be challenged to take ownership of their attitude, effort, preparation, and commitment to becoming the best teammate and player they can be. All our young men accepted that challenge and thrived, going from 20 individuals to 1 team.

### P.R.I.D.E.

**PERSONAL RESPONSIBILITY IN DAILY EXCELLENCE**

### THIS WEEK IN THE DUNGEON

This week, the team was introduced to the PBK STANDARD, our on- and off-ice non-negotiables, team structure, and goals. We also began educating our team on the importance of recovery, wellness, leadership, and everything in between that we classify as CHAMPIONSHIP BEHAVIOR.

We welcomed players from outside our team to skate in our “live bullet” skates - current or former NCAA D1/D3, USHL, NAHL, and Black Knights Academy players - helping make our RED vs BLACK skates action packed. We also enjoyed a fun intersquad game with our 2012 team in WHITE vs BLACK Friday. We capped off Week 1 with Media Day action that we hope our players, families, and fans will enjoy throughout the season.

### 20 INDIVIDUALS → 1 TEAM

**THE PBK STANDARD • CHAMPIONSHIP BEHAVIOR • THE KNIGHT WAY**



**OWNERSHIP • SELFLESS • RELENTLESS • DISCIPLINE • PREPARATION**



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### NEXT UP — WEEK 2

Week 2 of training camp continues with our 9:00 AM - 4:00 PM work days. Monday and Wednesday, the team will continue to educate themselves on our structure while further building our team identity. Tuesday and Thursday will be “live bullet” days as we continue to welcome players from outside the organization to help challenge our team during TRAINING CAMP.

Friday, the team will enjoy team building as we prepare for our first game on August 22, 2026 vs Philadelphia Hockey Club - 5:00 PM at Klick Lewis Arena.

#### NEXT BATTLE

**PBK vs PHILADELPHIA HOCKEY CLUB**  
**Saturday, August 22, 2026 • 5:00 PM**  
**Klick Lewis Arena**

#### FIRST GAME OF THE SEASON

**BE READY.**

### BLACK KNIGHT SPOTLIGHT

#### DOG OF THE DAY

Stay tuned as DOG OF THE DAY is introduced to the 2026-2027 season!



### COACHES' CORNER | PREPARATION

This week's message from the coaching staff highlights a team core value: PREPARATION. We want to thank all members of the staff, families, and volunteers that have allowed us to get to this point in the season. It takes everyone to have team success. The preparation that has gone into preseason does not go unnoticed, and we cannot thank you enough.

For the players, we cannot stress enough the importance of PREPARATION. Recovery, warm-up, cool-down, hydration, meals, and sleep - ALL of these things are essential to maximizing your efforts as a student-athlete.

RECOVER

WARM UP

COOL DOWN

HYDRATE

FUEL

SLEEP

**THE KNIGHT WAY | THE WORK CONTINUES.**

OWNERSHIP • SELFLESS • RELENTLESS • DISCIPLINE • PREPARATION