



THE DUNGEON DISPATCH
PALMYRA BLACK
KNIGHTS 2011 • 150 AAA



WEEK 2

SUNDAY, AUGUST 24, 2026 | TRAINING CAMP FINAL EDITION

FROM THE DUNGEON

Training Camp is officially in the books.

Over the past two weeks, our team accepted ALL of the challenges training camp presented. Our players were pushed physically, mentally, and emotionally — challenged to reach their K2 limit while learning exactly what it means to live up to the PBK STANDARD.

In Volume 1 of The Dungeon Dispatch, we introduced THE KNIGHT WAY and our guiding principle for the season:

P.R.I.D.E.

It has been exciting for our staff to watch this group take PRIDE in P.R.I.D.E. Our players continue to bring our core values — Ownership, Selfless, Relentless, Discipline, and Preparation — into their everyday lives with an increased attention to detail.

That is THE KNIGHT WAY.

Throughout the season, The Dungeon Dispatch will give families an inside look at some of the habits and routines our team uses every day to pursue excellence.

This week's spotlight is part of our team's AM Morning Routine.

Every member of our team is expected to listen to Mental Performance Daily, hosted by renowned mental performance coach Brian Cain, on Apple Podcasts.

These short daily episodes provide our players with lessons in mental performance, motivation, focus, preparation, and developing a championship mindset.

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

Championship behavior starts long before the puck drops.

P.R.I.D.E.

PERSONAL RESPONSIBILITY IN DAILY EXCELLENCE

THIS WEEK IN THE DUNGEON

Week 2 was about building upon the foundation.

After introducing the PBK STANDARD and our CHAMPIONSHIP BEHAVIORS during Week 1, our focus shifted toward reinforcing our on- and off-ice non-negotiables, sharpening our team structure, and continuing to establish our identity.

As training camp progressed, our vision became clearer. 20 individuals continued becoming 1 TEAM.

Friday marked the official conclusion of Training Camp, and our players left camp EAGER, PREPARED, and DIALED IN for Opening Night.

On Saturday, August 22, the 2026–2027 Palmyra Black Knights officially opened their season at Klick Lewis Arena — THE DUNGEON — against Philadelphia Hockey Club.

And the boys delivered.

PBK 3 | PHC 0 FINAL

The Black Knights controlled the game from start to finish, outshooting Philadelphia Hockey Club 52–13 on their way to a 3–0 shutout victory.

GOALS

Colin Fitz

Quintin Jones

Cullen Widener

ASSISTS

Jake Osekowski

Brady Schmidt

Owen Criner

Broc Eardley

Colin Fitz

The shutout was a complete tandem effort in goal, with Ayden Jones getting the start before Broc Eardley entered to finish the game and preserve the clean sheet.

Training Camp complete.

Game 1 complete.

The climb has begun.

*FILM SESSION WITH ALEX DOYLE - ASSOCIATE HEAD COACH
SIOUX CITY MUSKATEERS USHL* ----->



20 INDIVIDUALS → 1 TEAM

THE PBK STANDARD • CHAMPIONSHIP BEHAVIOR • THE KNIGHT WAY



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NEXT UP — WEEK 2

With Training Camp officially behind us, the team now transitions into its regular weekly training and development routine.

This week also marks another important transition for many of our players as the school year begins across Pennsylvania. Our student-athletes will be attending York Catholic, Hershey High School, New Oxford High School, and Commonwealth Charter Academy.

We wish all our players a successful start to the school year as they continue learning how to balance the expectations of being both a student and an athlete while representing the PBK STANDARD.

Then it's time to hit the road.

NEXT STOP: DETROIT, MICHIGAN

August 27–30, 2026

The Black Knights travel to Detroit this Thursday through Sunday to compete in the Detroit Little Caesars Challenger Series.

Games will be played at the BELFOR Training Center inside Little Caesars Arena, home of the Detroit Red Wings.

It will be our first road test of the 2026–2027 season and another opportunity for our group to compete, grow together, and continue establishing our identity.

Follow @PBK_2011 on Instagram throughout the weekend for game coverage, updates, and live-stream information. ALL GAMES WILL BE LIVE STREAMED ON OUR TEAM INSTAGRAM!

THE DUNGEON → DETROIT

NEXT BATTLE

PBK (1-0) @ Challenger Series

Thursday, August 27 • 6:00 PM vs St Louis AAA Blues

Friday, August 28 • 4:00 PM vs Cleveland Barons

Saturday, August 29 • 4:00 PM vs

FIRST SHOWCASE OF THE SEASON @ BELFOR TRAINING CENTER

Honeybaked
Sunday, August 30 • 8:00 AM vs
Oakland Junior Grizzlies
BELFOR Training Center @ Little
Caesars Arena



BLACK KNIGHT SPOTLIGHT

SHIELD & SWORD

FIRST SHIELD AND SWORD OF THE YEAR!

SHIELD-awarded to the player who defended the shield!

Sword-awarded to the player who was dynamic in a WIN



COACHES' CORNER | PREPARATION

This week's message from the coaching staff highlights another team core value: OWNERSHIP. Building off last week's messaging regarding PREPARATION - we cannot stress enough the importance of PREPARATION. Recovery, warmup, cool-down, hydration, meals, and sleep - ALL these things are essential to maximizing your efforts as a student-athlete. Now its time for us as mature and determined young men to take ownership on these processes in order to be the best

teammate possible, that way ALL members of team from the players to the goalies to the staff, have 100% unwavering confidence that we are the most PREPARED team day in and day out because our players operate with OWNERSHIP in everything we do.

RECOVER

WARM UP

COOL DOWN

HYDRATE

FUEL

SLEEP

THE KNIGHT WAY | THE WORK CONTINUES.

OWNERSHIP • SELFLESS • RELENTLESS • DISCIPLINE • PREPARATION