

Longmeadow Lancers 2024-25 Roster

#	Name	Pos.	Yr.	Hometown
3	Sean Hamel	D	Sr.	
5	Paul Ekmalian	D	Sr.	
12	Brian Byrne	F	Sr.	
15	Mike Poggi	F	Sr.	
17	Kyle O'Connor	F	Sr.	Longmeadow
19	Nick DeAngelis-Gray	F	Sr.	
21	August Watson	D	Sr.	
23	Cameron Freeman	F	Sr.	

Coaches and Captains:

Head Coach: Jim Joyce
Assistant Coaches: John Barron, Tim Quirk, Nick Melikian, Pat O'Connor

2024-25 Season

Date	Time	H/A	Venue	Opponent	Final Scores
Dec. 14	5:30 PM	Away	Amelia Park Rink, Westfield, MA	Westfield	Longmeadow (2) vs Westfield (5)
Dec. 19	8:30 PM	Home	Olympia Center, West Springfield, MA	Greenfield	Longmeadow (1) vs Greenfield (6)
Dec. 21	12:30 PM	Home	Olympia Center, West Springfield, MA	West Springfield	Longmeadow (4) vs West Springfield (4)
Dec. 23	10:00 AM	Home	Olympia Center, West Springfield, MA	Amherst-Pelham	Longmeadow (4) vs Amherst-Pelham (0)
Dec. 26	8:30 PM	Away	Olympia Center, West Springfield, MA	Minnechaug	Longmeadow (6) vs Minnechaug (3)
Dec. 28	6:30 PM	Away	Collins-Moylan Skating Arena, Greenfield, MA	Greenfield	Longmeadow (5) vs Greenfield (7)
Jan. 2	8:30 PM	Home	Olympia Center, West Springfield, MA	West Springfield	Longmeadow (0) vs West Springfield (2)
Jan. 4	12:00 PM	Away	New England Sports Center, Marlboro, MA	Nashoba	Longmeadow (4) vs Nashoba (4)
Jan. 9	6:30 PM	Home	Olympia Center, West Springfield, MA	Ludlow / Belchertown	Longmeadow (0) vs Ludlow / Belchertown (3)
Jan. 11	6:10 PM	Home	Olympia Center, West Springfield, MA	Westboro	Longmeadow (1) vs Westboro (4)
Jan. 16	6:30 PM	Away	Olympia Center, West Springfield, MA	East Longmeadow	Longmeadow (5) vs East Longmeadow (1)
Jan. 18	4:10 PM	Home	Olympia Center, West Springfield, MA	Barrington RI	Longmeadow (3) vs Barrington RI (6)
Jan. 20	12:00 PM	Away	Olympia Center, West Springfield, MA	Agawam	Longmeadow (1) vs Agawam (4)
Jan. 25	3:00 PM	Away	Blackstone Valley Ice Arena, Hopedale, MA	Hopedale / Milford	Longmeadow (1) vs Hopedale / Milford (3)

Date	Time	H/A	Venue	Opponent	Final Scores
Jan. 30	6:30 PM	Away	Olympia Center, West Springfield, MA	Minnechaug	Longmeadow (2) vs Minnechaug (3)
Feb. 1	12:00 PM	Away	New England Sports Center, Marlboro, MA	Northbridge	Longmeadow (7) vs Northbridge (0)
Feb. 8	4:30 PM	Home	Olympia Center, West Springfield, MA	Ludlow / Belchertown	Longmeadow (4) vs Ludlow / Belchertown (3)
Feb. 12	3:00 PM	Away	Cyr Arena, Springfield, MA	East Longmeadow	Longmeadow (1) vs East Longmeadow (2)
Feb. 15	8:00 PM	Home	Olympia Center, West Springfield, MA	Westfield	Longmeadow (6) vs Westfield (4)

Player Profiles

#3 Sean Hamel SR D

Stats:

Season	GP	G	A	Pts	PIM	Shots
2024-25						
2023-24						
2022-23						
2021-22						

#5 Paul Ekmalian SR D

Stats:

Season	GP	G	A	Pts	PIM	Shots
2024-25						
2023-24						
2022-23						
2021-22						

#12 Brian Byrne SR F

Stats:

Season	GP	G	A	Pts	PIM	Shots
2024-25						
2023-24						
2022-23						
2021-22						

#15 Mike Poggi SR F

Stats:

Season	GP	G	A	Pts	PIM	Shots
2024-25						
2023-24						
2022-23						
2021-22						

#17 Kyle O'Connor SR F

Hometown: Longmeadow

Stats:

Season	GP	G	A	Pts	PIM	Shots
2024-25						
2023-24						
2022-23						
2021-22						
2020-21						
2019-20						

#19 Nick DeAngelis-Gray SR F

Stats:

Season	GP	G	A	Pts	PIM	Shots
2024-25						
2023-24						
2022-23						
2021-22						

#21 August Watson SR D

Stats:

Season	GP	G	A	Pts	PIM	Shots
2024-25						
2023-24						
2022-23						
2021-22						

#23 Cameron Freeman SR F

Stats:

Season	GP	G	A	Pts	PIM	Shots
2024-25						
2023-24						
2022-23						
2021-22						