

# Checking in with...Derek Joslin!

Escape to sharksahl.com to get away from the summer heat! The fans aren't the only ones missing the hockey season, so the Worcester Sharks have decided to check in weekly in order to keep in touch. Sharksahl.com has decided to check in on some of our favorite players from our favorite AHL team to see what they have been up to since the season ended.

Each week we will be checking in with a different player! Each player will be writing a blog to their fans to tell everyone what each player has been up to. The blog will also describe what their typical day in the off season consists of and what they have planned until the season finally starts up again.

Don't forget to take a look at the pictures that each player is sending along with their blog! This check in with the players will be a great way to get excited for the upcoming season, so don't forget to check in each week to see what the players have been up to. While the long, hot days of summer continue on, let the Worcester Sharks get you ready for the Worcester Sharks' 2008-2009 season!

This week defenseman, **Derek Joslin**, wrote in to his fans. Pictures have also been posted, enjoy!



**Hey Sharks fans,**

Derek Joslin here, checking in from Richmond Hill Ontario Canada. Although the end of the season was some what of a disappointment not making the playoffs and not being able to have a shot at the Calder Cup, I was fortunate enough to join San Jose with their playoff run. It was a great experience for me to be around the guys and the playoff atmosphere. We lost in the second round to the Dallas Stars in one of the longest games in playoff history. The game went four overtimes! The Dallas crowd stood up out of their seats for all four overtimes it was an amazing experience. After we lost the whole team went to Las Vegas for a couple nights. It was my first time in Sin City and I had a blast.

I finally made my way home to Richmond Hill Ontario on May 15th. Five friends and I had plans all year long to go away somewhere hot at the end of my season. So we booked a trip to Mayan Riviera Mexico. That was my first all inclusive trip ever and it was nothing short of spectacular. It was a great way to relax before I get back into the summer training.

I am finally back to my summer routine which consists of working out 6 times a week. This summer I am going to continue to work on my strength and agility I want to come back next year stronger and faster and raise my game to a higher level. I have a personal trainer that puts me through the workouts and pushes me to my limits. I hit the weights Monday, Tuesday, Thursday, Friday and I usually skate on Wednesdays and bike on Saturdays.

Congratulations to the Detroit Red Wings on winning the Stanley Cup. It is every hockey players dream to one day hoist the cup and watching the Red Wings do it this year just gave me extra motivation to move to the next level and win it with the Sharks. The Wings were definitely the better team in the finals and they deserved it.

I hope everyone is having a great start to the summer, enjoy it because hockey season is only a couple months away.

Derek Joslin #25

