

Checking in with...Matt Jones!

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.

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 forward, **Matt Jones**, wrote in to his fans. Pictures have also been posted, enjoy!



Hey Sharks Fans,

This is Matt Jones writing in from Woburn, MA. I am staying with a friend from college so that I am able to train at "Body by Boyle" along with a few other Sharks players. Mike Boyle works us hard every morning Monday thru Thursday along with other professional hockey players. I am also able to skate a few times a week in a men's league, which I love doing. I can't get enough hockey I guess! When I cannot hit the real ice, I will usually be up for a game of NHL '08 on xbox 360.

Although my time with the Sharks was short this past season as I came in at the end of the year. I enjoyed the time very much. The

fans were very welcoming and showed amazing support for the team. I felt part of the team right away.

Earlier this summer I was able to spend some time at home in Wisconsin with my mom, dad, and younger sister. On sunny weekends you could find us on a lake on my parents' boat. I enjoy strapping on the wakeboard while my parents enjoy skiing and my sister tubing.

I cannot wait for the season to begin. I hope everyone is having a nice warm summer because hockey season is right around the corner. Bring on the cold and ice!

- Matt Jones

