



Interview with Soren Jonzzon

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Provided by Michelle Racimo and www.cathypowerskating.com

Name: Soren Jonzzon #18 Forward

Current Team: Quinnipiac University in Hamden, Connecticut // NCAA Division 1 Hockey

Every so often you come across an athlete that you can quickly tell is headed for greatness. You're not too far into the conversation when you realize you're talking to someone who's got everything it takes to be great. Talent, hard-work, and determination—the ultimate mix. And because of all that they're getting goals accomplished, regardless of any obstacles that stand in the way.

Soren Jonzzon is clearly such an athlete. My opportunity to interview him came this past March, right before the NCAA D1 Men's Ice Hockey Finals held on April 9, 2016 at Amalie Arena, Tampa, Florida.

CPS: Tell us where you're currently playing and what you're doing this season?

SJ: I currently play Division I College Hockey at Quinnipiac University in Hamden, Connecticut. We play in the ECAC conference that is nicknamed the Ivy League Conference because all of the Ivy League schools like Yale and Harvard are in the conference. Our team is currently ranked number 1 in the country in every poll. I am in my senior year at the school and I am the captain of the team.

Outside of hockey, I am getting my Master's Degree in Health Science with a Biomedical Science Focus. I graduated in three years with my undergraduate degree in biomedical sciences with minors in chemistry and microbiology/molecular biology. I also work in the tutoring center at our school and shadow physicians around my school. I am in the process of applying to medical school and plan to start in the Fall of 2016.

CPS: What are you looking forward to the most about playing there?

SJ: I am looking forward to the playoffs in the coming weeks and getting the opportunity to play for a League Championship and a NCAA Championship

CPS: What skills must you have to play at this level?

SJ: At the D1 college hockey level, there are many different skills that every player must have. The most important is being a good skater. Players at this level are fast and if you can't keep up, you won't be able to play. Skating is also important to be strong. It doesn't matter how strong you are in the gym if you aren't a good enough skater that you can use that strength to protect the puck and hit. Outside of skating, it is important to be able to pass and shoot well and play with your head up. You have to read the game and have a high compete level.

CPS: Where else have you played?

SJ: I grew up in the Bay Area playing for the Santa Clara Blackhawks, Belmont Rangers, California Cougars, and San Jose Jr. Sharks. After my sophomore year of high school, I moved out of the Bay Area to play Junior Hockey. I played one year for the St. Louis Bandits in the North American Hockey League (NAHL). I then played one year for the Waterloo Blackhawks in the United States Hockey League (USHL). I got traded to the Tri-City Storm and played there for a year and a half. Then I was traded to the Youngstown Phantoms. After playing there, I moved on to Quinnipiac and started my college hockey career.

CPS: What are some of the things you did as a skater to help you reach the level you're at now?

SJ: The most valuable thing I did growing up was skating with Coach Cathy Andrade. I learned great skating technique from her and it allowed me to have a great foundation to build off of. Outside of skating, I spent a lot of time shooting pucks in the garage to work on my accuracy and how hard I can shoot. I also would do workouts to try to get stronger.

CPS: When did you start skating and taking lesson with Coach Cathy?

SJ: I started playing ice hockey when I was 5 years old and started skating with Cathy when I was 6 years old. I worked with her all throughout youth hockey and up through my junior and college hockey career.

CPS: What made you realize that you wanted to work on your skating for Hockey?

SJ: My family had spoken with some people that had played professional hockey and they said that one of the most important skills to have is being a great skater. It really serves as a foundation for the rest of the game.

CPS: How did Coach Cathy help your individual skating?

SJ: Cathy taught me the fundamentals of how to skate and made me a much more efficient skater. She made me faster and made me a more explosive skater. It allowed me to be faster than my opponents and let me win races I wouldn't have otherwise won.

CPS: How did Cathy's Power Hour help in your development?

SJ: She was vital in my development and allowed me to continually push my game to the next level. Her help allowed me to make teams that I otherwise wouldn't have and it is still pivotal to me as I am a smaller player so being faster and quicker than other players is essential for my game.

"My most detailed memory of Soren's training is that he always came ready to train," Said Soren's power skating coach Cathy Andrade. "He worked harder in 20 minutes than most players do in 40. He was 100% all in, trusted the process to the fullest, and never needed external motivation. He saw the benefit of strong edge work and strived to be as powerful on his skates as possible." —Cathy Andrade

CPS: What advice would you give young players in order to achieve the level you're currently at?

SJ: The best advice I can give is to make sure that you are having fun. Hockey is an amazing sport and it is so much fun. While you have to work on a lot of your skills, make sure that you are having fun with it and you will have more success.

CPS: In all your years in this sport, what has been your favorite moment this far?

SJ: My two favorite memories are winning a National Championship with the St. Louis Bandits and being named captain of my current team.

CPS: Do you have a favorite Player who you thinks is a great skater?

SJ: I think Sidney Crosby would be my favorite player and he is such a strong skater. His skating ability allows him to be stronger than other players and lets him protect the puck from defenders. His first three strides are so explosive and allows him to win races even when they are short spurts.

CPS: Do you have a upcoming goal you would like to share with some of our younger players?

SJ: My upcoming goal is to win a league championship and a national championship in the upcoming playoffs.

CPS: What do you like to do when you have free time? Other sports / activities.

SJ: In my free time I enjoy being with my teammates and being active. I enjoy doing spontaneous things like day trips to fun places or going cliff jumping. I play adult league softball in the summers and I have lately been taking ballroom dancing lessons.

CPS: Favorite quote and why?

SJ: "It's not fun to be normal."

I like this quote because I think everyone is unique and has their own personality. They should be themselves even if it isn't "normal." Forcing yourself to be "normal" is boring, so just do what you want and be who you are.—

Interviewer Michelle Racimo is a power skating coach and PR manager at Cathy's Power Hour. To read more about Soren Jonzzon, or to get more information about Cathy's Power Hour visit www.cathyspowerskating.com