

# NEWS RELEASE

ONE MONARCH PLACE, SUITE 2400 • SPRINGFIELD, MA 01144 • PHONE: (413) 781-2030 • FAX: (413) 746-0408

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## WORCESTER HEAD COACH ROY SOMMER EARNS reGen™/AHL PERFORMANCE OF THE MONTH AWARD FOR JANUARY

**SPRINGFIELD, MA**, February 4, 2011 -- The American Hockey League announced today that Worcester Sharks head coach Roy Sommer has been selected the winner of the reGen™ Muscle Recovery Beverage/AHL Performance of the Month award for January.

On Jan. 14 in Springfield, Sommer was behind the Sharks bench for his 1,000th regular-season game as an American Hockey League head coach, becoming just the fourth man in league history to reach that impressive milestone. The Sharks helped make the evening more special by posting a 3-1 victory over the Falcons.

In recognition of his reGen™/AHL Performance of the Month award, Sommer will be honored at an upcoming Sharks home game.

Sommer, 53, ended the month with a career record of 464-462-82 in 1,008 career AHL games, all as the head coach of the San Jose Sharks' top affiliates in Kentucky (1998-2001), Cleveland (2001-06) and Worcester (2006- ). Ranking behind only AHL Hall of Famers Frank Mathers, Fred "Bun" Cook and John Paddock in both games and victories, Sommer has coached more than 80 players who have spent time in the National Hockey League. Prior to joining the coaching ranks, Sommer enjoyed a 10-year career as a player, which included a Calder Cup championship with Maine in 1984.

reGen™ is the Official Muscle Recovery Beverage of the AHL. Powered by antioxidants from natural cocoa and the scientifically-recommended 3 to 1 ratio of carbohydrates to protein that is optimal for recovery, reGen™ has been clinically proven to improve muscle recovery by an average of 25 percent. Developed and produced by Apure Foods Company, a subsidiary of The Hershey Company, reGen™ has also been shown to provide a 9.7 percent average increase in endurance, enabling athletes to train harder and longer. For more information about reGen™, including clinical testing background and research study results, visit [regen2recover.com](http://regen2recover.com).

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Contact: Jason Chaimovitch, Vice President of Communications  
AJ Atchue, Coordinator of Communications  
(413) 781-2030