



Newsletter Crew

Editor in Chief
Alfie (2828)

Tech Support
IronDogg (1003)

Senior Interviewers
Kwest (1152)
Footballmdm11 (1507)

Tourney Tracker
Trogdor1009 (822)

Comics
Kehmesis (524)

Designer
HolyPhoenix (3586)

Writer
Kehmesis (524)

MetrohoMonthly is by the community for the community, so if you want to help out, even if you don't have any ideas of what you can do, mail Alfie (2828).

INDEX

~~~~~

- Q&A with football--1
- Adam's Opinion---2
- Signing Prospects---3
- Best Metroho'er---6
- Q of the month-----7
- Tourney Tracking ---8
- Q&A with zigzag--10
- Fun and Games---11
- Newsletter Crew--12

~~~~~



Our first interview is from one of MetroHO's greatest GM, footballmdm11.

Q - You recently graduated from high school, congratulations. What are your future plans?

A - Well, my freshman year I'm attending the University of Pittsburgh at Greensburg, which is a branch campus of Pitt located about 10minutes away. My sophomore year, I'll be transferring to Pitt main to complete my Civil Engineering degree. I've always wanted to go to Pitt so I'm pretty excited.

Q - How was prom night?

A - Not all that great. My girlfriend got sick from the food and had to sit down or run to the bathroom the whole night. And this one girl had an allergic reaction to something so we just randomly docked by this one parking lot while the paramedics and police arrived. She was OK, but it cost us a good hour of being on the river. My junior prom was so much more fun.

Q - Do you plan on working summers or taking it easy?

A - I actually picked up a job with my friend's dad a few weeks back. I'm basically guaranteed to work at least 4 times a week for 7 or more hrs a day. At ten bucks an hour, it's a great job. Most of the time I'm driving around going to different sites just to pick up water drums. I get paid for travel time.

Q - Being from Pennsylvania, were you a Pens fan growing up?

A - Oh my God, yes. I live 13 miles out from Pittsburgh. Everywhere you go is Pittsburgh sports paradise. You can't escape it. When I got into the Penguins, they sucked. They were like the Pirates of the NHL, but I'm from Pittsburgh and we stay true to our teams (except the Pirates, they really do suck!) The Pens are my boys.

Q - Who would be your favorite NHL player?

A - Jordan Staal...haha...just kidding. I wouldn't pick a shitty player as my favorite. With that being said, I'd have to go with the very non-exciting Malkin and Crosby. What can I say? I love the pens. Outside of the pens, I'd go Patrick Roy. Loved watching him play during Colorado's good years.

Q - Judging by your username, you're a fan of football. Which team and player(s) are your favorites?

A - Oh yeah. Every Sunday is Steeler Sunday baby! Gotta love the Steelers (getting that I love Pittsburgh yet?!!) My favorites: Hines Ward and Jeff Reed (yes, the kicker! Leave me alone =/)

Q - How many live hockey and football games have you seen and where?

A - This is where my story gets sad =(Football games: I've been to one Steeler game and one Pitt Panther game (that will change when I get season tickets for school). And I've only been to two Pens games. Money is definitely the leading excuse for that one. I went in 2003 where we won 5-4 against Detroit (One of Fleury's first games) and one last season vs. the Bruins where Billy G. beat Thomas to send the game into OT with 0.4 seconds left. We went on to win in OT 6-5. So, the two games I've went to have been incredible!

Q - What is the story behind your team name, The Longerwood Enzytes?

A - I wanted to be a dick. I was on the signup screen for a good 10 minutes just trying to think of a funny name. The Enzytes commercial popped into my head and after a minute or two I came up with The Longerwood Enzytes. If anyone doesn't get the innuendo, please feel free to PM me and I'll gladly explain.

Quick funny story. For some reason people think I'm old and retired. I must have signed up for something and put my age down as 65. Idk. Anywho, I got something in the mail a few months back and it was for a retirement home. The name of the retirement home..."Longwood at Oakmont"

Q - Several months ago you made an incredible amount of trades to climb your way to the number one Power Ranking spot. Can you describe how that time went and perhaps the strategy involved with trading your way to the top?

A - It was long. And not that exciting. I don't know how I did it, nor would I ever want to do it again. I went a good month in the offseason slowly trading up one trade at a time. I even got mentioned in Kehm's guide. The strategy was easy. Know what you want for a guy and get just that for him. Don't settle. And eventually, you'll turn that 75R into a 90R. I wanted that number one spot though and I didn't stop until I got it. Now that I've reached my goal...I just feel like sitting back.

Continued on Page 8...

Adam's

Opinion

Giving more or less home ice advantage than there currently is

This has been tinkered with several times already. It may be changed again in the future if the community sees room for improvement, but for now it's staying as is.

Adding a quicksim option for shinny games

It isn't currently available because I didn't want people getting constantly shinned by people who weren't even willing to play the game round by round. But when betting comes out, if QuickSimming shinnies makes the game more fun and addictive, it's a possibility.

Adding a 4th and 5th round to the draft (this one is related to the following topic)

Definitely not. There is no shortage of players. In the NHL almost all the guys who get drafted never become full time NHL players. I don't see a reason to have a glut of idle players in METROHO. Besides, there's people releasing unsigned draft picks with only 3 rounds. Clearly, we don't need more draft rounds. There's only so many drills to go around anyway.

Making the farm bigger, and having it as a kind of "2nd team", where all farm teams have a mini season parallel to the big clubs' season

Maybe. It would be hard to get excited about your farm team's success though. If your 80-something rated player dominates in a crowd of 50s-70s with 80-rated goalies, who really cares?

Multis: A controversial subject that has many people constantly arguing because it says in the rules it is illegal, yet you sometimes say in the forums that it is in fact legal as long as there is no interaction. Can you please explain your stance? I've explained this a number of times. Multis don't hurt the game, it's the problems that often come with them that do.

If someone makes a multi and gets tempted to make a lopsided trade to help their other account, that's a problem

If someone has multiple accounts so they can afford to play silly with one account to the point where it's noticeably hurting the multiple account and benefiting other users, that's a problem (ex. quitting and releasing a bunch of players) or making stupid moves because the team's success doesn't matter.

Having goalie fatigue in playoffs

No. This is one of those majority rules situations. We haven't had an official vote, but I can't see the majority of people wanting this. Different leagues have different playoff formats which sort of complicates things as well.

Road game specific playstyles

I don't see a problem with that. It's just a matter of getting around to it.

A team's career stats total row so people don't need to add it up themselves. Another row that could also be added on would average all your seasons.

That's an improvement in record keeping, something that I'll get around to eventually.

Sorting by player type on the player stats page.

I guess we could. I'd rather not add another column though.

Tanking: Legit, or soon-to-be punished strategy? (i.e. reducing fanbase)

It will be punished by fan and credit deductions eventually.

Adding No trade Clauses

No, it's hard enough to trade as it is.

Having auto-sim games played late in the day instead of early.

No, I discussed this on the forums. It's played extremely early in the morning so that the server can simulate the game during a time the site sees little traffic.

Making drafts "live" like typical fantasy hockey drafts

I'm not going to be looking at improving the draft for awhile. That was last year's update and it's time to improve other areas. As much as people ask for a live draft, I can see the majority of people not being able to login on time to use it, myself included. It's not worth my time. Put some thought into your draft rankings and unless you have sandwich picks, there's not a problem.

Prospect Signing Strategies – How do the experts do it?

By: kehmesis

Editor's Note: This article was written last month so keep that in mind when players' ages, contracts, and situations are mentioned.

Hello again metrohoes, I found some free time this month and decided to write an article for the newsletter. Unfortunately, this is not a team analysis. I received many requests asking for more of them, and I am very glad that they were enjoyed, but they were very time consuming and I wanted to dedicate more time to other projects in my life.

While this article isn't a team analysis, it will still talk about General Manager (GM) strategy. More specifically, I will talk about how to sign prospects. Hopefully you guys will enjoy it and learn a thing or two.

Basic knowledge

Before I start, I want to advise the newer GMs out there to read my Metroho GM Strategy Guide, which can be found on the forums. It is mostly aimed at newer GMs, but there are tricks for noobs and experts alike. Here's a link to the forum thread: <http://www.metroho.com/loggedin/forums.php?action=view&board=gametalk&mid=42978&thread=42978>

This article assumes that the reader knows the basic strategies found in the guide above.

The most important thing to know going forward is what makes a good team in this game. Due to the salary cap, you cannot simply buy yourself a team, or you'll run out of money quite rapidly. The only way to get an elite team on the ice (in other words, a team consisting of mostly, if not all, 90+ players) is to get players at bargain prices. Bargain signings happen because of two reasons. The first reason is that players live in the present and the present only. This means that they don't look into the future. On the other hand, GMs do. This means that players always ask for a salary that is fair for their *current* rating which means GMs can sign them long term at their present value. Since the players will improve with drills and natural increases, eventually they will play above their salary demands when they reach a new rating threshold. There's a lot more about this in the guide.

Strategy #1 – 4-75

This is probably the oldest expert strategy and the most popular. I don't know if it's the best, and personally I don't feel like it is, but when most of the good GMs in the game use the same strategy, you can't deny its effectiveness. You will find many of the top GMs in the game using that strategy as well. Just take a look at the top Power Ranked (PR) teams' rosters and you will notice the 4-75 pattern comes up a lot.

First, where does the name come from? 4-75 are salaries, in the hundreds of Ks. It basically means 400k and 7.5M. Why? Well, we'll get there soon enough.

I can't credit this strategy to anyone, since many GMs came up with this one on their own. It's the most obvious strategy, and it works very well.

The idea is to sign young prospects before they reach the rating of 70 or 75. Basically, you are trying to get the best possible bargain out of every low rated prospect you are developing. At a rating of 69 (the tipping point), players ask 400k, which is the minimum salary. By signing them to a 9 year contract (1 year + 8 year extension), and with some luck, a few of those players will reach 90+ and will have a few years left on their 400k contract. You can expect anywhere from 5 years to none. I haven't done the math, but experience tells me that you will get about 2 years on average (many will not reach 90.)

You can do the same by signing them at a rating of 74, which could be called 8-75, and get them for double the price (but still very cheap) and gain about 1 season in the process. I like 8-75 a lot better. Some GMs mix it up. Many will even wait until 1.5M. There's a lot of flexibility.

So what does this strategy lead to?

Well, for one, most of your players will be extremely cheap. Your payroll will be small and you'll have a lot of extra bucks to spend towards reaching your salary cap. However, your cheap players will quickly rotate out of your system. They will enter your line up with few years to play on their contract, and once the contract is over, they will ask for their true value, which will most likely be 7.5M, hence the 75 in the name of the strategy. So while it is attractive to get a very cheap 90 rated player in your line-up, he actually spends most of his contract on the bench.

The good news, however, is that you will be able to afford quite a few players at 7.5M (or 6.75M if you get them off the free agent market), since you have all that extra space from all the bargains you got at 400k and 800k.

The other upside to this strategy is getting rental players. You cannot afford to keep all your 400k players to resign at 7.5M, but you do resign them all. This means that you can pick up quite a few extra picks by trading them away for 2nd and 3rd round

picks. The reason you can trade them away is because some of them will be above or close to 95 in rating and 27-28 years of age. Most of the free agents are old (30+ years old), and low 90's. You can also trade them when they have 1 year left on their contract, making them extremely attractive trade baits in the offseason for teams wanting to compete very hard in the following season. You may then trade those extra picks away for rental players during the season.

Here's an example of the strategy above. Trogdor1009 is one of the best GMs in the game, his team is almost always on top of the PR, and you can clearly see the use of the 4-75 strategy by looking at his roster. (Note: It's actually his roster from a month and a half ago)

Forward Nikolai Flis 96 27 Playmaker \$11,000,000 (1) Salary Consumed
 Forward Kevin Holzem 97 28 Sniper \$7,500,000 (2) ILL (2 Days Left)
 Forward Travis Zech 94 28 Checker \$7,500,000 (3) Healthy
 Goalie Vladimir Majewski 99 28 Hybrid \$7,000,000 (6) Healthy
 Forward Brett Winemiller 92 27 Playmaker \$6,760,000 (4) Healthy
 Defenseman Andrei Servantes 93 29 Offensive Defenseman \$6,750,000 (1) Healthy
 Defenseman Wayne Poisso 90 30 Offensive Defenseman \$6,750,000 (1) Healthy
 Forward Jaroslav Earls 96 28 Checker \$5,500,000 (2) Healthy
 Forward Craig Erisman 92 29 Checker \$5,000,000 (1) Healthy
 Forward Marty Wengert 93 23 Power Forward \$1,500,000 (4) Healthy
 Forward Joe Lampkins 90 26 Power Forward \$1,500,000 (1) Healthy
 Forward Marian Iles 88 22 Two-Way Forward \$1,500,000 (7) Healthy
 Forward Pierre Cartmell 74 21 Checker \$810,000 (1) Farm
 Defenseman Kyle Nesser 90 26 Stay-At-Home Defenseman \$800,000 (1) Healthy
 Forward Ben Chi 89 23 Playmaker \$800,000 (5) Healthy
 Forward Arnulfo Ainscough 85 27 Two-Way Forward \$800,000 (1) Farm
 Goalie Terrence Lieblong 85 18 Butterfly \$500,000 (1) Healthy
 Defenseman Andy Higgins 90 27 Stay-At-Home Defenseman \$440,000 (1) Healthy
 Forward Alphonso Sauerwein 74 21 Playmaker \$440,000 (6) Farm
 Defenseman Rosario Jahr 65 19 Stay-At-Home Defenseman \$440,000 (1) Farm
 Goalie Mark Finley 79 34 Butterfly \$432,000 (8) Healthy
 Defenseman Andrei Gaytan 90 22 Stay-At-Home Defenseman \$400,000 (4) Healthy
 Forward Cleveland Tindel 88 27 Sniper \$400,000 (2) Healthy
 Forward Claude Sverchek 86 23 Playmaker \$400,000 (6) Healthy
 Defenseman Gilbert Sheroan 85 22 Stay-At-Home Defenseman \$400,000 (6) Healthy
 Defenseman Owen Cantey 82 24 Stay-At-Home Defenseman \$400,000 (2) Healthy
 Forward Jarrett Mccloe 82 22 Sniper \$400,000 (6) Healthy
 Forward Anthony Sonnenberg 78 22 Playmaker \$400,000 (8) Healthy
 Forward Kevin Stuard 75 24 Two-Way Forward \$400,000 (8) Farm
 Forward Karl Jara 73 23 Power Forward \$400,000 (8) Healthy
 Forward Walker Vasconez 67 20 Two-Way Forward \$400,000 (0) RFA
 Defenseman Sherman Zettel 65 18 Offensive Defenseman \$400,000 (1) Healthy
 Forward Jarrett Caesar 68 19 Two-Way Forward \$400,000 (0) Draft Pick
 Forward Darryl Puc 61 19 Sniper \$400,000 (0) Draft Pick

He has 9(!!) expensive players (one of which is a rental) and almost every other player is making 800k or less. This is the perfect example.

Upside:

- Cheap payroll giving extra space for expensive players
- Extra draft picks and/or rental players
- Prospects act as fringe players
- Ability to buy elite (95+) players

Downside:

- Players play many years of their contract on the bench
- Core of the team changes often and a lot
- Lack of stability between seasons (Unstable PR with high variations)
- Some prospects go to waste due to bad luck with drills

Strategy #2 – 3 is perfect

This is a very new strategy I have been working on with my friend. We wanted to keep it secret for the time being to get a head start, but I know a few GMs who are starting to pick up on it (Maybe due to my previous articles in the NL hinting at it.) My friend had this simple idea a while ago where all your players could possibly be signed for 3M. You guys might know him as the owner of The Lemieux and The North Stars, the two teams with the most metro cups. After looking at a few of the best GMs out there, I realized that he was really on to something.

The Longerwood Enzytes has probably been the best team for the last 6 months or so. Its GM, fb, has a unique

strategy: He spends a lot of time in the offseason and makes tons of trades. I noticed that most of the players he was picking up were signed to 3M contracts. And the reason is quite obvious. 3M is still a cheap salary (your whole line up can fit under the cap), and more often than not they have much longer contracts than all the cheaper contracts (400k, 800k, 1.5k), since those players enter your line up earlier in their contract.

The way this is done is by waiting for your prospects to reach a rating of 83 or 84 (or 78-79 to get 1.5M contracts) and sign them to a 9 year contract (1 year @ 1M + 8 year extension @ 3M). After a season or two of drilling, they'll be ready to enter your line up. Basically, you sign your prospects at a much older age and at a more expensive price, but in exchange you gain quite a few years on the contracts you give out. Very few prospects go to "waste", because they will all eventually reach 90 when they are signed for 9 years at 84 in rating (assuming you want to invest drills on them). So instead of hoping for your players to be line-up ready early enough during their contract years, you are patiently waiting for them to be ready whenever they are.

While 1.5M contracts are not needed, they really help to make the transition from a 4-75 strategy by cutting a few of the 3M contracts in half. This is something to think about when going for this strategy as the transition can be quite tedious sometimes.

So what does this strategy lead to?

This strategy will give you the opportunity to keep your prospects unsigned longer, but you will need to sign old washed up fringe players at 400k salaries to fill up your roster. And by signing your whole line up to 3M contracts (18x3M=54M, leaving 11M for a goalie and fringe players), you will find yourself with a line-up filled with long term contracts, giving you stability in your lineup. Most of your 90 rated players entering the line-up will play for about 6 seasons.

That is a recipe for long term stability, as players who rotate out of your line up (contract expiring), are replaced by the ready to be signed prospects. The drawback is that your payroll becomes expensive and there's fewer space for expensive players, such as elite (95+) players. However, the best prospects might reach 95 on their own if they get to 84 before they hit 20 of age (natural increases are important to reach 95.)

Very few prospects will not make the team. This will give you many "extra" prospects that you can sell for draft picks or rental players.

Here's an example of the strategy. Unfortunately, it was hard to find a great example since this strategy hasn't yet been truly implemented by anyone. I will show you my team (The Shadows) transitioning from a "4-75" strategy towards a "3 is perfect" strategy, hence the number of 1.5M players on the roster instead of 3M.

Forward Brock Unch 95 29 Playmaker \$7,500,000 (5) Healthy
 Defenseman Johan Toma 94 28 Offensive Defenseman \$7,500,000 (5) Healthy
 Forward Marco Breckel 94 29 Two-Way Forward \$7,500,000 (5) Healthy
 Forward Mark Londagin 93 31 Checker \$6,750,014 (1) Healthy
 Forward Arturo Vogts 92 29 Sniper \$5,000,000 (5) Healthy
 Defenseman Yanic Buffkin 93 25 Stay-At-Home Defenseman \$3,000,000 (1) Healthy
 Defenseman Al Virtanen 91 27 Stay-At-Home Defenseman \$3,000,000 (1) Healthy
 Forward Ben Mcdaniel 90 21 Sniper \$3,000,000 (6) Healthy
 Forward Arvid Hibner 88 21 Playmaker \$3,000,000 (7) Healthy
 Defenseman Alexei Brouwer 87 20 Stay-At-Home Defenseman \$3,000,000 (8) Healthy
 Forward Philippe Linzey 93 24 Power Forward \$1,500,000 (4) Healthy
 Defenseman Petr Spadoni 91 27 Offensive Defenseman \$1,500,000 (1) Healthy
 Forward Henry Ullman 90 23 Playmaker \$1,500,000 (3) Healthy
 Forward Kyle Cannavo 90 29 Two-Way Forward \$1,500,000 (2) Healthy
 Forward Terry Friese 90 23 Two-Way Forward \$1,500,000 (3) Healthy
 Defenseman Guillermo Meeker 90 23 Offensive Defenseman \$1,500,000 (5) Healthy
 Goalie Thomas Maxey 98 25 Hybrid \$1,000,000 (2) Healthy
 Forward Denis Folson 84 20 Two-Way Forward \$1,000,000 (1) Healthy
 Defenseman Daniel Urabe 81 20 Stay-At-Home Defenseman \$1,000,000 (2) Healthy
 Forward Marshall Adamson 89 25 Checker \$800,000 (1) Healthy
 Goalie Denis Bottoms 95 23 Stand-Up \$500,000 (3) Healthy
 Forward Janne Kagarise 93 25 Two-Way Forward \$400,000 (2) Healthy
 Goalie Ales Ikehara 77 36 Hybrid \$400,000 (8) Healthy
 Goalie Douglass Quinn 60 44 Butterfly \$400,000 (1) Farm
 Forward Matt Moeck 50 32 Power Forward \$400,000 (1) Healthy
 Forward Konstantin Balliet 50 29 Sniper \$400,000 (1) Healthy
 Forward Mikhail Friedli 50 29 Power Forward \$400,000 (1) Farm
 Defenseman Todd Flam 50 31 Offensive Defenseman \$400,000 (1) Healthy
 Forward Richard Cropp 81 19 Two-Way Forward \$3,000,000 (0) Draft Pick
 Forward Jed Tedeschi 77 18 Sniper \$1,500,000 (0) Draft Pick
 Forward Wade Nee 75 19 Checker \$1,500,000 (0) Draft Pick
 Forward Wyatt Baucum 72 19 Sniper \$800,000 (0) Draft Pick
 Forward Radek Loser 72 19 Playmaker \$800,000 (0) Draft Pick
 Forward Edmund Grobes 62 20 Power Forward \$400,000 (0) Draft Pick
 Forward Craig Doerner 62 18 Sniper \$400,000 (0) Draft Pick

Forward Clement Casillas 62 18 Sniper \$400,000 (0) Draft Pick
 Defenseman Craig Mcgibboney 62 18 Stay-At-Home Defenseman \$400,000 (0) Draft Pick
 Forward Terry Schwinn 56 18 Checker \$400,000 (0) Draft Pick
 Defenseman John Popken 53 18 Stay-At-Home Defenseman \$400,000 (0) Draft Pick

You can see very few expensive players on this team (5) and, eventually, you will find barely any of them left once fewer players are signed to 1.5M contracts and more of them are signed to 3M contracts. There are 11 players who are making 3M or 1.5M, and 3 more coming up (Folson, Urabe and Cropp) that will be signed to 3M contracts after their rookie contracts are over. You can also notice the high number of unsigned prospects, clearing up all the space in the farm team. All the 400k salaries are fringe rentals.

Upside:

- Players are in the line-up for more years
- Long term stability (Stable PR with few variations)
- Unsigned prospects leave space open on your roster and farm team
- Prospects barely ever go to waste

Downside:

- Harder to sign and/or obtain 95+ players
- Harder to keep franchise players you might get attached to
- The need to sign fringe players is a mild annoyance in the offseason
- Very hard to make the transition from 4-75 due to salary issues
- Your players cannot clear waivers

Since The Shadows are moving from one extreme to another, they fit in a category which many GMs currently find themselves in voluntarily: A hybrid strategy between the 400k and 3M strategy. This is a new trend that I've been noticing. I've talked about the benefits of signing your players at a later age in my two previous Newsletter articles and many had been catching up to the idea or have been catching up to it since.

Depending on your roster needs, the age of the prospects and the rate at which they gain rating points, you may choose to sign them very early (mimicking strategy #1), or very late (mimicking strategy #2) or somewhere in the middle (800k/1.5M). For instance, if a prospect is developing slower than expected, there is no need to sign him at all until he hits 84. Even if he gets old, like 22yo, you can still get him a great 9 year contract and he'll likely reach 90 with quite a few years left on his contract. On the other hand, a 74 rated 18 year old prospect is a great low-risk gamble for a 800k contract because natural increases will insure a quick ascension to 90.

Outro

There are a lot of other strategies out there! If you're ready to spend some time to dedicate on this game, you will be able to figure out a lot of stuff on your own. Studying the top teams and why they are there, and more importantly how they got there, is an important step towards greatness. And finding better solutions on your own is a step towards legendary status.

Talk to you soon Metrohoes!

Kehm

ALL TIME **GREATEST METROHO'ER** TOURNAMENT – Quarterfinals!

By: Trogdor1009

We're still looking to crown the #1 Metroho'er ever. It's down to 8 users in the contest. Check out the Main Forum the first week in July if you're interested in voting and seeing a few details about each team. Here is a matchup preview.

1 - Kehmesis (The Shadows) vs. 11 - vicioushenry (The Evans City Zombies)

2 - trogdor1009 (The New Bedford Hax) vs. 10 - beefrog (The Tirelrons)

3 - R.Wirtz (The Ice Pirates) vs. 9 - Erik.T (The Richmond Hill)

4 - kwest (The Dragons 78 vs. 5 - Footballmdm11 (The Longerwood Enzytes)

Most embarrassing moment

By footballm dm11

What is your most embarrassing moment ever?

[angleslam04 \(The Ice Furnaces\)](#): It goes a little something like this.

1. Go to the Jersey shore.
2. Get blackout drunk.
3. Go to a bar anyway.
4. Get myself thrown out.
5. Spit on somebody's head.
6. Get punched. (But eat it cause I'm a champion)
7. Almost get arrested.
8. Fall out of the bus onto my friend when getting off.
9. Fall up the steps to the motel.
10. Go to the bathroom.
11. Wake up with pants down in the bathroom to a friend kicking me in the leg.
12. BOOOOOOOOOOOO!!!!!!!!!!!!

[Adam \(The Slayers\)](#): I once showed up to a hockey game the day before my team played. Someone saw me. That same person was at the arena the next game and told my team what happened even though I told the guy to keep it under wraps. Asshole.

[Shookie Nookie \(The Bread Eaters\)](#): While bench pressing at the gym, a giant hocker flew out my mouth and landed in a girl's hair. She was walking past us at the worst possible moment, I guess...

[Erik \(The Richmond Hill\)](#): Throwing up 10+ times from a wicked hangover on a school trip in grade 11...the day was made longer by 9 or so hours of flights and next to no sleep. If you go to Europe stay away from the Absinthe.

[pnr \(The Groove City Warriors\)](#): So I was in the drive-thru at McDonald's during the lunchtime rush when the axle of my car broke. The lady that took my order kept telling me to please pull forward. I started to yell at her "I can't. My CAR WON'T MOVE." For five minutes, I had the line backed up while the drive-thru lady kept explaining why I had to move my car. Finally, a couple guys helped me push it out of the way. A few of them picked up the front of the car with the broken axle in order to get it to move.

[kwest \(The Dragons 78\)](#): There was a girl I had a huge crush on in grade ten but I was too shy to approach her. One time as I was making my way up the stairs toward the class I had with her, all my binders and text books in my overfull bag fell out and tumbled down the stairs, papers flying everywhere. She was a few steps behind me and giggled as all my nerd school work went everywhere. Apparently I forgot to close the bag's zipper from my previous class. Luckily two years later we had another class together and she never mentioned 'the incident'. We became good friends for that semester.

[Mr fanntastic \(The Road Warriors\)](#): haha...well let's see. As a kid, I'd say 10 yrs old, my father had a black 1970 Dodge Charger R/T. (Very Nice) He had spent a few years rebuilding it and had just finished giving it a new paint job. Well, I use to have a bad habit about getting in the car and pretending to drive it (i wasn't allowed to) I was in it one day, pretending to drive it, and knocked it out of gear some how. (our house was on a hill) I jump out of it when it started to roll and it went down the hill and crashed through our neighbor's new wooden fence. Luckily, those cars were like tanks and my neighbor had extra wood and rebuilt the section of the fence that i destroyed.

[cubuffs222 \(The Buffs\)](#): It was in college, my friends decided to play a prank on me. They stole my clothes and towel while I was in the shower and also locked me out of my dorm room. The office where the spare key was kept was located across a courtyard that many students liked to hangout in. So I had to run across the courtyard in front of 30 people or so in my birthday suit. To make it worse the lady who worked in the office gave me a hard time because I didn't have any identification to prove that I lived in the room I wanted to key for.

Q&A with footballm11

Continued from Page 1

Q – It is tougher to trade now that a lot of teams are emulating what you had done?

A – Not so much. I just don't put the time in like I used to. I used to send random PMs out to guys who's leagues were just about to end...trying to find what I needed. Now, I make a trade block and let them come to me. I just don't have the desire to do it again.

Q – What's your favorite and least favorite thing about Metroho?

A – My least favorite thing is easy. People. I'm only 17 and I've already learned to hate people. I can't stand some of these kids that post nonsense. It's really ridiculous. My favorite part? Alfie. He's so cool and shows a maturity level like no other. I truly respect the way he GMs and the way he treats others. I want my kids to be just like Alfie.

Q – Would you spend maximum salary for a 100 rated goalie?

A – No. Spend the 7mil and get a 99R...and use the other 6mil to add depth to defense. Remember kiddos, defense wins championships.

Q – If you had to build your team around one, single player in the NHL, who would it be and why?

A – Hmm...I could say Sid...but that's no fun. So we'll go a little differently. I'd want to build my team around...hmm I was

gonna name someone off of the Oilers team but I can't even think of one good player that plays for them. Let's go with Brodeur in his prime. A goalie is what makes a team. You're only as good as you're goalie plays.

Q – When can I come over to your place for seafood?

A – Why would you? I don't even eat seafood unless I'm on vacation at the beach...silly Kwest, seafood's for kids.

Q – Democrat or Republican?

A – Republican, although Sarah Palin can kiss my ass.

Q – How fast can you run the 100 meters?

A – Oh, ldk. I haven't had to run that since 8th grade. I'm not a sprinter though. I'm more of the juke out kind of guy. It'd be very hard to catch me.

Q – You're stuck up in a tree for days because a Grizzly bear or PillaKilla is at the base camped out waiting for you. What do you do?

A – Un-invite Pilla to my grad party. And offer the bear my socks to warm his cute little toesies.

Q – And finally, fried peanut butter and banana sandwich; tried it?

A – Yes. And it's not all that bad. Although smushy bananas aren't that great. The other day, the gf and I made a peanut butter sandwich with choco chips. Melted them together. Very yummy.

Tourney Tracking

with Trogdor



In June 2010, The Denslow Cup found it's groove again with 48 teams signing up. Of course, the field is limited to 42, but that was 13 total teams more than signed up in May. Pool Play had a lack of dominance with the #1 overall point total being just 32, the lowest we've had since February. Only the Yabba Dabbas and The Blue + Gold reached 10 wins but it would prove to not matter as both teams were knocked out before the semifinals. Only 3 of the top 6 overall seeds advanced to the knockout rounds. Pool play was extra important this month because in July, only 28 teams will qualify for the new Cup Division of the Denslow Cup. Other teams will have to play in the Qualifying Division.

Qualifying Round play gave us the usual dominant performances with the winners outscoring the losers by a point total of 78 to 18. In the Quarterfinals, #3 seed Yabba Dabbas were upset by newcomers The AZfathead. The WartHogs, Kentucky Squirrels, and Bayside Brawlers would join them in the Semifinals. A bad break for Alfie and his Silver Seven as he once again was bounced from the Tournament on goal differential.

The WartHogs rolled to the finals with an easy Semifinal win over The AZfathead and The Kentucky Squirrels advanced after a tough series with The Brawlers that came down to the last game. The Squirrels played first in the finals and choked at home going just 1-2 and being outscored 9 goals to 2. That left The WartHogs needing only 4 points in 3 home games. Sounds easy...but they struggled and actually got EXACTLY the 4 points they needed to take home a 10 to 8 victory and claim their first Denslow Cup.

When asked how it felt to finally win one and if he thought he had a chance against the Squirrels, zigzag had this to say: "Oh man its was great! The Denslow and Medallion were the two things i wanted to win. One down one more to go. I thought i had a chance to beat them. He only has like five or so 100 rated players."



I thought up The Trogdor Tournament Series well over a year ago. The idea was to get some unique tournaments going, all just for fun. No rankings or prizes or any other incentive to play. The 2nd goal was to get some other users involved in running their own tournaments. Users could propose tournament ideas to me and if I liked it, it would get added to the list. The benefit for them was that they would get my tournament wisdom to help them along as they needed it. This resulted in 4 people running tournaments for the very first time. Those people were Supreme1 (Event #2), vicioushenry (Event #3), Mattman13 (Event #8), and kwest (Event #9). Below is a summary of all 11 TTS Events. If you're interested in exactly how a tournament went, you can check out the Tournaments Board and find whatever you're looking for.

May 2009 - Event #1 - Tag Teams - 24 teams - The Crazy 78 (Crazy 88 & Dragons 78)

July 2009 - Event #2 - The Gauntlet - 21 teams - The Young Kimosabis

August 2009 - Event #3 - World War Z - 24 teams - The Doom

September 2009 - Event #4 - Bowling - 18 teams - The Kentucky Squirrels

October 2009 - Event #5 - Total Team Elimination - 16 teams - The Houston Hitmen

November 2009 - Event #6 - The Pyramid - 21 teams - The Longerwood Enzytes

January 2010 - Event #7 - The Battle Royal - 26 teams - The Richmond Hill

February 2010 - Event #8 - The Grand Slam - 16 teams - The Longerwood Enzytes

March 2010 - Event #9 - Enter the Dragon - 16 teams - The Yabba Dabbas

April 2010 - Event #10 - Run It Up - 9 teams - The Yabba Dabbas

May 2010 - Grand Finale Triple Elimination - 16 teams - The WartHogs

I think everyone had fun participating in these tournaments and we had a great turnout for nearly every event. I don't think I'll be doing any more tournaments outside of The Denslow Cup, but don't be surprised if another tag team tournament shows up one day (not making any promises though ^_^)

Medallion

Tier 2



The Rock Dogs



The KP's



The Zamboni's

MVP: Anderson Lundqvist (4 goals, 12 assists, +5)

Tier 1



The Top Guns



The WartHogs



The AZfathead

MVP: Benny Brosseau (2 goals, 5 assists, +4)



Q – Well firstly, not many people know about you but you've been a very successful GM for several seasons. Tell us a little about yourself.

A – Well I'm from Pennsylvania, about 100 miles north of Pittsburgh in Erie. I'm pretty sure I'm quite a bit older than most of the other GM's in the game. Hell my oldest son is probably older than most of the GM's for that matter.

Q – You sound ancient. Willing to give your age? Also, is your son on Metroho?

A - I am ancient, I'm 37. No he's going to be 21 in September, so he's busy chasing girls and hanging out with his friends.

Q – Growing up in Pennsylvania, were you a Penguins fan?

A - That would make sense, thing is I rarely make sense. I'm actually a Red Wings fan. I root against any team from Pittsburgh.

Q – Have you seen a lot of live games? If so, any highlights?

A - Yes I have been to four or five Pens games over the years. I have also gone to like close to ten Sabres games also.

Highlight would be watching the Wings kick the shit out of the Pens back in the mid 90's in Pittsburgh.

Q – What type of work do you do?

A - I own my own construction company.

Q – Where did the name zigzag come from?

A - From high school football. Remember i am ancient, so this was back when we wore leather helmets.

Q – Have you been to Canada?

A - Yes I have been to Montreal once. I had a buddy that lived in up state NY about an hour and half from Montreal. When I was up to see him we went drinking and to a bunch of fifty bars up in Montreal. I also live an hour and half from Ontario, so I used to go drinking when we were under age. Plus I've gone to the casino a bunch of times.

Q – How did you find out about Metroho?

A - I think on one of the GLB forums someone posted about it.

Q – Which team do you respect the most on Metroho?

A - Well if i had to pick just one, i guess it would be Yabba. He always has a top team. But Kehm-Henry-Trog-Football-Steve just way too many good GM's to really only pick just one.

Q – In a 100 yard footrace between your perception of Trog, and your perception of footballmdm13, who would win and why?

A - That's easy Football would win. I'm almost positive that Trog is old like me, well maybe not that old.

Q – Vegetarian Pizza or loaded with Meat?

A- Meat all the way. Do i look like a rabbit or something?

Q – Finally, who will win the 2011 Stanley Cup?

A - That's easy, the Red Wings

Thanks for the interview zigzag!

Something big Is Coming!

August 2010

STAY TUNED!

GM OF THE MONTH

The Warthogs

Honorable mentions

The Bathurst Buccaneers

The Sniper in the Bushes

The Guardians

The Angelducks

Fun And Games



Hockey Trivia

By IronDogg

1. Who was the last NHLer to score 50 goals in one season without wearing a helmet?
2. In 2005-06, what NHL goalie won a wager with his team's captain by eating a live cockroach?
3. Who was the first US president to attend an NHL game while in office?
4. Who scored the last WHA goal?
5. What is the link between MetroHO user trogdor1009 and the shirt his South Park character is wearing?
6. What is the maximum salary a MetroHO player can make without the risk of being lost on waivers when sent down to the farm?

Rules

-Send your responses to IronDogg via PM on MetroHO.com before the end of July 17th, 2010.

-Only one (1) submission per user, if multiple the first one will be the ONLY one used.

-One (1) point per correct answer.

-If there are multiple winning submissions, then a random winner will be selected from the winning submissions as the month's winner.

-Winner's prize is one (1) month's worth of "Bragging Rights" and .

-Newsletter Crew members are not eligible to win but can still submit answers.

Answers from last month's Trivia

1. Rover. A 4th forward who lined up between the forwards and defense. Typically the best skater and all around best player on a team. Position was dropped in 1910 before the NHL's first season in 1917-18, not because it opened up the ice but because it was cheaper to ice 6 men.
2. Paul Stastny, Colorado Avalanche, 18 games.
3. Ottawa Senators 2005-2006 vs. Toronto.
4. Mike Modano. He discovered his ring on auction while browsing at eBay. He sent it to a jeweler for duplication and upgrades. There was a misunderstanding and the jeweler had the ring go up for sale. Bidding was at US \$20,000 before it was pulled.
5. When killing a penalty, the right-wing forward is always the skater who sits out. If two of your players are in the box, then the center sits out.
6. Ice Elixir

Wall of Shame

June Banned Teams

The ShankstaS

The Kalcium

The Killswitch

The Long Island Knights

The Iowa Stars

The Pirate Whores

The USA Haters

The Wanna Be Rangers

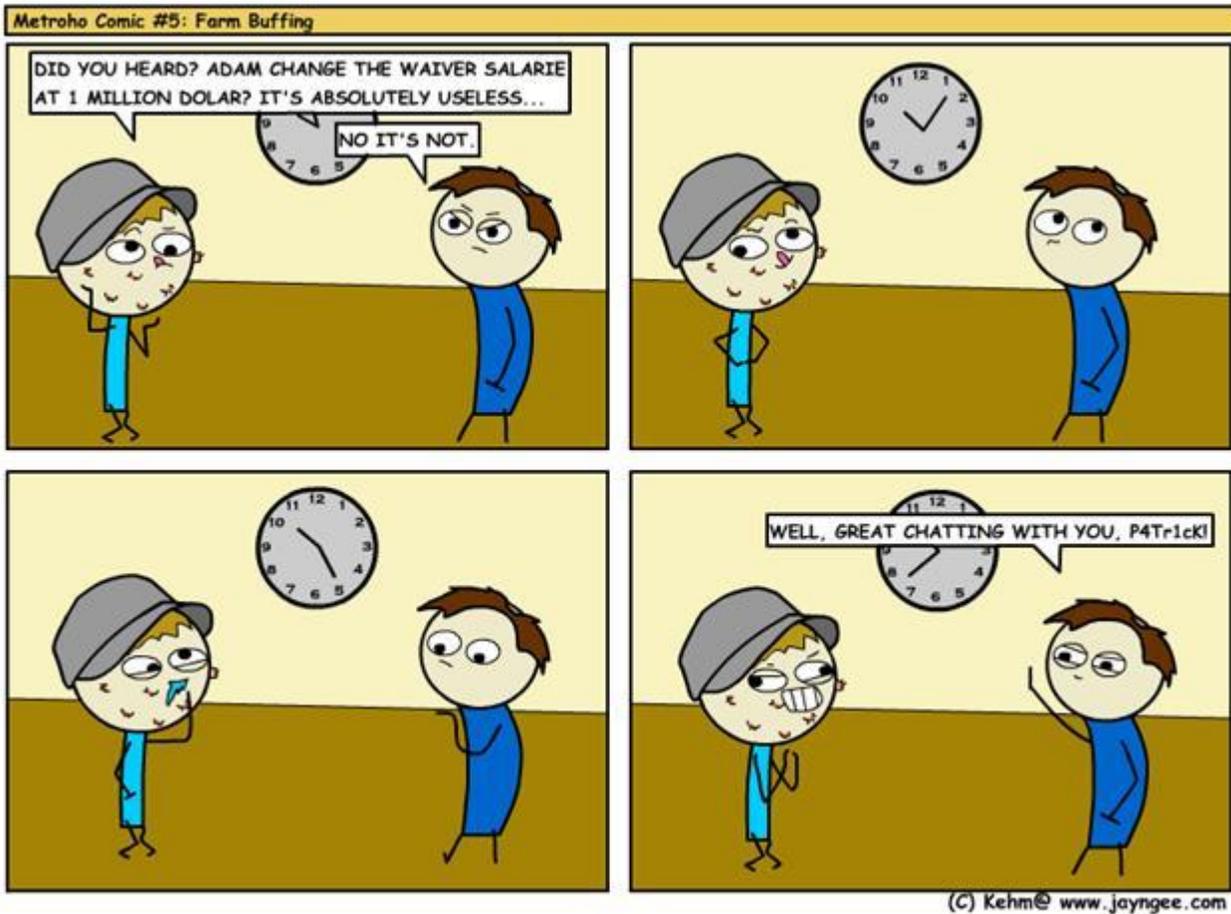
The Terribles

The Dot

The bozz

[Congratulations, to Mattman13 \(2288\), who is the MetroMonthly June 2010 Edition Trivia Winner.](#)

Kehm's Comic



Introducing: The Newsletter Crew!

Following kwest's idea, we all made a southpark character of ourselves using: <http://www.sp-studio.de/sp-studio.swf>

Then, HolyPhoenix, the newsletter's official designer, made these neat banners for all of us. If you find his work cool and would like him to make you a cool team logo or forum avatar, I'm sure he'd be more then willing of doing it for you.

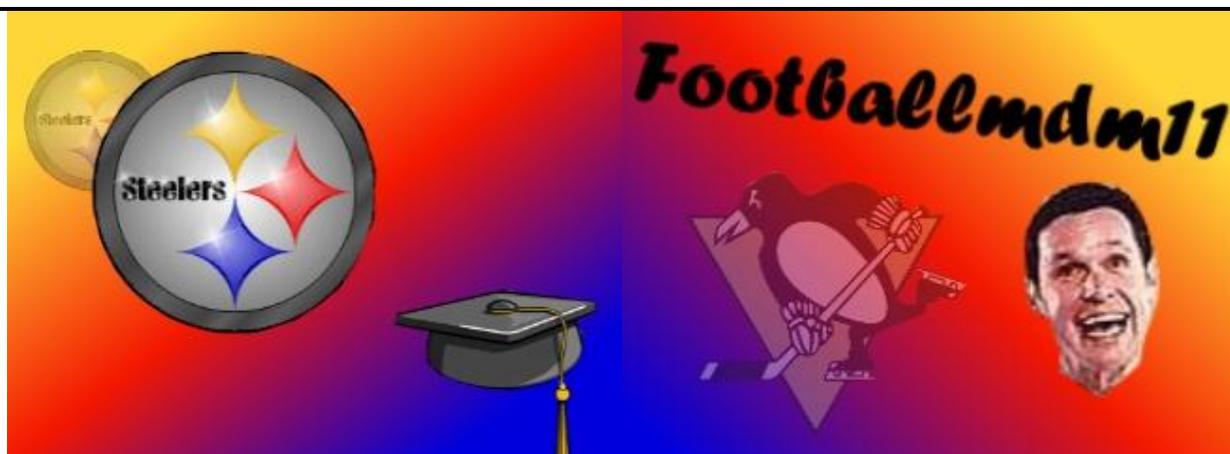












Editor's Note

Thanks to kehm for writing that article again, quite an enjoyable read. I had a few other cool articles planned but the writers who were going to do them backed out because they didn't have time. Hopefully they will want to do it for the August edition. On top of that I have few more cool ideas that I'd like to see added in next edition. I don't want to make any guarantees because it might not come to fruition or people might back out again, but next month's newsletter has the *potential* to be the best one yet. Anyways, I hope you all enjoyed reading this, if you want to help out with anything, or have any suggestions, mail me (Alfie – 2828). And remember to give us your feedback in the newsletter thread found in the forums!