



BAY ROBERTS YEARLY PROGRAM 2010

- Hockey School (August 2010)
- Shooters/Goalie School (August 2010)
- Power Skating- (Jan-Mar 2010)
- Power Skating- (Oct-Dec 2010)
- Novice/Atom /Pee Wee League (Jan-April- 18 Games)
- Novice/Atom /Pee Wee League (September- 17 Games)
- Jersey
- Hat
- Insurance
- Player Profile
- Web Page

- \$110 + HST/month

Parent may obtain a sponsor for advertising and their sponsor will be able to have a web link, logo on jersey, and logo on player profile page.



Bay Roberts

Off Ice Conditioning

- **Age group: Novice, Atom and Pee Wee**
- **Monday and Wednesday 6:00 -7:00 7:00-8:00 PM
11 Weeks (22 Sessions)**
- **Ascension Collegiate**
- **Cardiovascular , core strength and agility with focus on hockey specific activities**
- **Camp Instructor: Matthew Wakeham**
- **Certified personal trainer with First Aid and CPR-C**

\$330 + HST

Bo Bennett will supervise and coordinate the Bay Roberts conditioning program .Contact him at 786-0611 or 683-1958