



Bantam A1 Program Outline – 2018/2019

Tryouts:

August 27 – September 5, 2018

Rep Team Fees:

\$800.00

Regular Season Schedule

- ./ Weekly Ice - Sunday's @ 5:15pm-6:30pm @ Planet Ice Coquitlam #1
- ./ Weekly Ice - Saturday's @ 7:00am-8:00am @ Port Moody #2
- ./ Weekly Strength and Conditioning – Monday's @ 7:00pm-8:00pm @ Gibson's MMA
- ./ Weekly Home Games – Thursday's @ 7:30pm-8:45pm @ Poirier Rec Rink
- ./ 1-2 Away game per week

| Skill Development* | Team Development* | Strength & Conditioning Sessions |
|---|--|---|
| Are designed to elevate the fundamental skills of each player. The sessions focus on core skills such as skating, passing, shooting, stick handling and individual tactics. | Are designed to elevate the team concepts. The sessions focus on individual tactics and team concepts. | Are designed to increase strength, speed, endurance and reaction. |

*Practices be compromised of a mix of skill and team development.

Head Coach:

Dave Whitworth

Important Dates: (Subject to Change)

- ./ Ravens Rep Classic Tournament – October 20 – 22, 2018
- ./ Wickfest Tournament Calgary – Nov 22 – 25, 2018
- ./ Wickfest Tournament Surrey – Jan 31 – Feb 3, 2019
- ./ Provincials – March 20-25, 2019 (Host: TBD)