



BOSTON PIZZA BEAUMONT

TEAM OF THE WEEK

NOV. 13-19



NOVICE 2Y

PLAYER AGE RANGE

7-8 years old

TEAM WARM UP ROUTINE:

2 Quick laps, 2 sets board rushes and horseshoe

3 FAVOURITE WARM-UP SONGS:

Thunder (Imagine Dragons), My House (Flo Rida),
Feel it Still (Portugal. The Man)

FAVOURITE COACHES SAYING OR QUOTE:

Spread out and stay staggered

FAVOURITE PRACTICE DRILL:

High/low, net drive, rebound

LEAST FAVOURITE PRACTICE DRILL:

Skating lines

CURRENT RECORD (W-L-T)

1-6-1

TOP 3 FAVOURITE SPORTS:

Hockey, Lacrosse, Synchronized Swimming

TOP 3 FAVOURITE NHL TEAM:

Oilers, Habs, Blackhawks

TOP 3 FAVOURITE PARTY FOODS:

Celery, Carrots, Broccoli

TOP 3 FAVOURITE PREGAME MEALS:

Pizza, Wings, Ribs

TOP 3 FAVOURITE OLYMPIC SPORTS:

Bobsleigh, Snowboarding, 100 M

THIS SEASON'S TOURNAMENTS

None yet. 1-2 in 2018

TEAM GOALS FOR THE SEASON?:

For the players and parents to be able to say that they have seen improvement and are looking forward to next year!

