



BOSTON PIZZA BEAUMONT

TEAM OF THE WEEK

JAN. 7-13



PLAYER AGE RANGE

13-14 years

TEAM WARM UP ROUTINE:

Dynamics, Ladders, Sprints and Sooeey

3 FAVOURITE WARM-UP SONGS:

Electric Pow Wow, Take a Step Back, Colt

FAVOURITE COACHES SAYING OR QUOTE:

"Good for you"

FAVOURITE PRACTICE DRILL:

Juice Boy

LEAST FAVOURITE PRACTICE DRILL:

Bear Crawls

CURRENT RECORD (W-L-T):

N/A

TOP 3 FAVOURITE SPORTS:

Hockey, Baseball, Lacrosse

TOP 3 FAVOURITE NHL TEAM:

Blackhawks, Blues, Oilers

TOP 3 FAVOURITE OLYMPIC SPORTS:

Speed Walking, Womens Beach Volleyball, Indoor Womens Volleyball

TOP 3 FAVOURITE PARTY FOODS:

Chips, Pop, Jello

TOP 3 FAVOURITE PREGAME MEALS:

Pasta & Chicken, Eggs, Ice cubes

THIS SEASON'S TOURNAMENTS

Cochrane, AB and Kamloops, BC KIBIHT 50th

TEAM GOALS FOR THE SEASON?:

0.500 season, 90 Hits/game, Come together as a family

