



BOSTON PIZZA BEAUMONT

TEAM OF THE WEEK

NOV. 13-19



PLAYER AGE RANGE

3-4 years old

TEAM WARM UP ROUTINE:

Edge Work and Skating Skills

3 FAVOURITE WARM-UP SONGS:

Thunder (Imagine Dragons), You Make me Feel Invincible (Skillet), Everything is Awesome (Tegan and Sara)

FAVOURITE COACHES SAYING OR QUOTE:

Falling is Learning

FAVOURITE PRACTICE DRILL:

Ogre Gauntlet

LEAST FAVOURITE PRACTICE DRILL:

Crossovers

TOP 3 FAVOURITE SPORTS:

Hockey, Baseball, Soccer

TOP 3 FAVOURITE NHL TEAM:

Edmonton Oilers, Pittsburg Penguins, Las Vegas Golden Knights

TOP 3 FAVOURITE PARTY FOODS:

Pizza, Cupcakes, Chips

TOP 3 FAVOURITE PREGAME MEALS:

Eggs, Oatmeal, Cereal

TOP 3 FAVOURITE OLYMPIC SPORTS:

Hockey, Snowboarding, Rugby

THIS SEASON'S TOURNAMENTS

Gary Tremblay Memorial Tournament in Leduc

TEAM GOALS FOR THE SEASON

Work on Proficient Skating Skills

