

**TEAM WARM UP ROUTINE:** 

**Skate Guard Check** 

**3 FAVOURITE WARM-UP SONGS:** 

Whatever the team Manager sings

**FAVOURITE COACHES SAYING OR QUOTE:** 

Let's see your early morning hockey smiles!

**FAVOURITE PRACTICE DRILL:** 

**Star Wars** 

**LEAST FAVOURITE PRACTICE DRILL:** 

Lunges and knee bends

**CURRENT RECORD (W-L-T)** 

Unbeatable

**TOP 3 FAVOURITE SPORTS:** 

HBaseball, Football and soccer

**TOP 3 FAVOURITE OLYMPIC SPORTS:** 

Boxing, Down hill skiing and baseball

**TOP 3 FAVOURITE NHL TEAM:** 

Only the Oilers count

**TOP 3 FAVOURITE PARTY FOODS:** 

Cake and Pizza

**TOP 3 FAVOURITE PREGAME MEALS:** 

French Toast, Sausages, P&J and Toast

THIS SEASON'S TOURNAMENTS

New Sarepta, Devon, Beaumont and Innisfail

**TEAM GOALS FOR THE SEASON?:** 

Players - To develop into better skaters than we were at the start of the season.

