



**BOSTON PIZZA BEAUMONT**

**TEAM OF THE WEEK**

**JAN. 15-21**



**PLAYER AGE RANGE**

6-7 Years

**TEAM WARM UP ROUTINE:**

Skate a lap and do stretches

**3 FAVOURITE WARM-UP SONGS:**

Get the Hood

**FAVOURITE COACHES SAYING OR QUOTE:**

Line up on the Red Line

**FAVOURITE PRACTICE DRILL:**

Asteroids

**LEAST FAVOURITE PRACTICE DRILL:**

Red Light, Green Light or Crossovers

**TOP 3 FAVOURITE SPORTS:**

Hockey, Soccer, Rugby

**TOP 3 FAVOURITE NHL TEAM:**

Oilers, Penguins, Ducks

**TOP 3 FAVOURITE PARTY FOODS:**

Pizza, Cake and burgers

**TOP 3 FAVOURITE PREGAME MEALS:**

Eggs, Cheerios, Fruitloops

**TOP 3 FAVOURITE OLYMPIC SPORTS:**

Skiing, Snowboarding and Hockey

**THIS SEASON'S TOURNAMENTS**

Beaumont and Leduc

**TEAM GOALS FOR THE SEASON?:**

Skating, Stick handling, Passing and Shooting

