



**BOSTON PIZZA BEAUMONT**

# TEAM OF THE WEEK

**JAN.22-28**



**PLAYER AGE RANGE**

7-9 years

**TEAM WARM UP ROUTINE:**

Shuttle Run, Jumping Jacks, Run stairs

**3 FAVOURITE WARM-UP SONGS:**

Believer, Thunder, Hand clap, Electric

**FAVOURITE COACHES SAYING OR QUOTE:**

Hit the net, Pressure Pressure, Be the first to the puck and Hold the line!

**FAVOURITE PRACTICE DRILL:**

Short/Long, Back to Back nets, 5 puck relay

**LEAST FAVOURITE PRACTICE DRILL:**

Mountain climbs, push ups, stretches

**TOP 3 FAVOURITE SPORTS:**

Soccer, golf, baseball

**TOP 3 FAVOURITE NHL TEAM:**

Penguins, Blackhawks, Golden Knights

**TOP 3 FAVOURITE OLYMPIC SPORTS:**

Hockey, Golf, Diving

**TOP 3 FAVOURITE PARTY FOODS:**

Donuts, Cotton Candy and Chips

**TOP 3 FAVOURITE PREGAME MEALS:**

Boston Pizza, Subway, McDonald's

**THIS SEASON'S TOURNAMENTS**

Innisfail, EMHW, Jasper

**TEAM GOALS FOR THE SEASON?:**

Skill Development, be like Patrick Kane and Win the League

