



BOSTON PIZZA BEAUMONT

TEAM OF THE WEEK

NOV. 6-12



PLAYER AGE RANGE

15-17 years old

TEAM WARM UP ROUTINE:

Ladder, Stairs, Sooeey

FAVOURITE WARM UP SONG:

Gagnsta Rap that the coaches do not understand

FAVOURITE COACHES SAYING OR QUOTE:

Water up!

FAVOURITE PRACTICE DRILL:

Elimination Shootout, 2 on 2 Battles

LEAST FAVOURITE PRACTICE DRILL:

Circles, lines

TOP 3 FAVOURITE SPORTS:

Hockey, Curling, Womens Volleyball

TOP 3 FAVOURITE NHL TEAM:

Oilers, Flyers, Flames

(last two were only chosen by coach)

TOP 3 FAVOURITE PARTY FOODS:

Pizza, Wings, Peanut Butter Jelly Time!

TOP 3 FAVOURITE PREGAME MEALS:

Chicken, Pasta, Vegetables

TOP 3 FAVOURITE OLYMPIC SPORTS:

Hockey, Diving, Womens Soccer

THIS SEASON'S TOURNAMENTS

Blackfalds, Saskatoon

TEAM GOALS FOR THE SEASON?:

- Moving up a tier (completed)
- Minor Hockey Week Champs City Champs
- To see lots of rockets in the stands cheering for us

