

TEAM BUILDING AND OTHER FUN

OCTOBER-NOVEMBER

Introduction of our 2022-2023 Leadership Group



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PURPOSE

CULTURE

PROGRESS



BOTTLE DRIVE FUNDRAISER

On October 15, the team came together for a bottle drive where we raised ~\$1340 to contribute towards team funds. Thank you to everyone for the support!



HALLOWEEN FUN

Following our first tournament away in Detroit, our players and coaches showed up to practice in "Rhyme Without Reason" themed costumes. Practice consisted of competitive relays and games that not only produced many smiles but also doubled as skills work. Great work on costumes, players!





ESCAPE ROOMS

Players and coaches had some fun solving puzzles and riddles in order to escape their rooms! One team got out and the other would maybe still be there if there wasn't a time limit...



U-OTTAWA TOUR AND GEE-GEES GAME

Thank you to Coach Grills and the Gee-Gees for the tour, informative discussion and a thrilling shootout victory! It was great to walk around campus and learn about the day to day of student athletes.



3V3 GAME FUN

Games cancelled due to ref shortage, but we still found a way to have fun! The team split into Team Blue and Team White and battled it out 3v3 style.



STRENGTH AND CONDITIONING

Every week, players attend strength and conditioning sessions - way to put the work in, team!

