

SAANICH



BRAVES



Welcome to the Saanich Jr Braves Development Program

This year our executive team set out on a mission to help support and develop our local hockey talent in a new way. Our goal is to support and develop athletes ages 12-16 with the intention of graduating as many players as possible to junior and collegiate hockey ranks.

The program is designed to be holistic and inclusive, offering training year-round at an affordable price. The Braves Development Program includes on-ice and off-ice training, as well as wealth of resources and education for parents.

The Saanich Jr Braves are more than a hockey club, we pride ourselves on mentoring and developing the youth of our community. Our success isn't measured by championships, but the quality of the young adults that graduate from our program.

Join the Braves Development Program today!

Program Highlights

- ✓ On-ice training by Braves coaches, alumni, and special guest coaches made up of current and retired ECHL, AHL, and NHL players
- ✓ Dryland training and wellness coaching by athletic trainer Ken Windjack and special guests
- ✓ Monthly custom-tailored dryland training take-home program
- ✓ Annual education session with coaches, scouts, alumni, fitness & nutrition experts
- ✓ Support Q&A for parents of development athletes

Continuing education topics will include the following:

- Tiers of minor hockey – the value of playing at each level and understanding the importance
- Preparing for each new level
- NCAA/CIAU eligibility
- Private/Public Hockey Academies
- Nutrition
- Mental Health
- The importance of playing other sports/having fun/preventing injury

2016/17 Schedule

On-Ice October 2016 – January 2017

- Wednesday Oct 12th - 9pm till 10:20 (Meet & Greet 8pm)
- Wednesday Oct 19th - 9pm till 10:20
- Wednesday Nov 9th - 9pm till 10:20pm
- Wednesday Nov 16th - 9pm till 10:20pm
- Wednesday Dec 14th - 9pm till 10:20pm
- Monday Jan 23rd - 3pm till 3:50pm

January 31st AGM 7pm – location TBA

Dryland Training - 1hr sessions

Students will leave with a 30-day training program to complete before their next session.

- February 8th 7 pm – Pearkes Fieldhouse – court 3
- March 1st 7 pm – Pearkes Fieldhouse – court 3
- April 5th 7 pm – Pearkes Fieldhouse – court 3
- May 9th 7 pm – TBA
- June 6th 7 pm – TBA
- July 10th 7 pm – TBA
- August 8th 7 pm – TBA

Program includes Braves Development jersey & Braves Development fitness tee

Cost per player is \$135.00 annually (30 players max.)

*****Please print off the registration form and mail back to the address at the bottom with your check payable to the Saanich Braves Junior Hockey Club.** Refunds: No refunds will be payable to any player who drops out, or cancels for any reason except major injury after the start of camp.

2016/17 SAANICH JR BRAVES DEVELOPMENT PROGRAM REGISTRATION

NAME _____ DOB _____

AGE _____ CITIZENSHIP _____

E-Mail _____

PARENTS NAMES _____

PHONE #'s Home _____ Cell _____

ADDRESS _____ CITY _____

PROVINCE _____ POSTAL CODE _____

HEIGHT _____ WEIGHT _____ SHOOTS L – R - POSITION _____

TEAM _____ LEVEL _____

BC CARE CARD-PERSONAL HEALTH # _____

AS PARENT OR GUARDIAN OF THE ABOVE NAMED PLAYER, I (PLEASE PRINT NAME IN FULL) _____ DO HEREBY CONSENT TO SAID PLAYER

PARTICIPATING IN ALL ACTIVITIES AT THE SAANICH BRAVES HOCKEY CLUB DEVELOPMENT PROGRAM 2016/17 AND HEREBY RELEASE, ABSOLVE, INDEMNIFY AND SAVE HARMLESS THE SAANICH BRAVES HOCKEY CLUB AND THE VIJHL, PLUS BOTH ORGANIZATIONS EMPLOYEES, OFFICERS, COACHING STAFF, MANAGEMENT AND OR VOLUNTEERS, FROM ANY CLAIM(S) WHICH MAY ARISE AS A RESULT OF HIS/HER PARTICIPATION. I ASSUME ALL RISKS AND HAZARDS INCIDENTAL TO THE ABOVE ARTICLE AND DO HEREBY WAIVE ALL CLAIMS WHATSOEVER WHICH I OR THE ABOVE NAMED PLAYER MAY HAVE AGAINST THE SAANICH BRAVES HOCKEY CLUB AND OR THE VIJHL. FOR THE INSURANCE PURPOSES, ALL PLAYERS MUST WEAR EQUIPMENT (FACIAL PROTECTION ETC.) EQUAL TO WHAT THEY USED IN THE

2015-2016 SEASON. SIGNATURE OF PARENT OR GUARDIAN _____ DATE _____