



## **LAC ST. LOUIS ELITES 2009-2010**

### **Program Overview**

Please find the Elites Program for 2009-2010 outlined below. This program has been developed in conjunction with the goals and objectives of the Hockey Feminin Commission, Lac St Louis's Conseil Administratif, the Lac St Louis Girls Hockey Development Model and the ever changing environment that is girls hockey. As is the case with the Selects, our team is open to all girls throughout the Lac St. Louis region with the emphasis on the traditional evening practices in combination with an off ice program. We anticipate that we will have at our disposal improved practice times with greater frequency.

We will be offering a highly competitive program to continue to develop all aspects of the girls in our program. Teams will be Peewee (1997-98), Bantam (1995-96) and Midget (1992-94). We are continuing and enhancing our on ice mentoring as well we are supplementing this with a comprehensive off ice strength and conditioning program. The strength and conditioning program will be conducted by Yves Ethier at his facility located at Complexe St. Raphael (IleBizard) under the supervision of our technical director. This program will be consistent with the objectives as set out by Hockey Quebec / Canada's Long Term Athletic Development (LTAD).

Our program will be conducting primarily evening practices at least 2 times per week as well as one off ice session per week. Games to be played mostly on weekends (24 game schedule). We will be playing in the LIRF (Ligue Inter Regional Feminin), we have made a request to the league to establish two divisions in order to reduce travel. The Elites would play in a division that would include the 2 Lac St. Louis teams, Laval, Montreal and the 2 teams from the Richelieu region. The season runs from late September to end of February, followed by the playoffs through the month of March and culminating with the Coupe Dodge which will be hosted by Estrie in early April 2010.

Tournament participation will be determined by the teams individually. Traditionally our teams have participated in tournaments in Quebec, Ontario & the U.S. New England area.

Further details concerning coaching, budgets and locations of regular season games and practices will follow in due course.

## Evaluation Camp Schedule

Beaconsfield	Sat. Aug. 15	16:00 – 17:00	Bantam
Beaconsfield	Sat. Aug. 15	17:00 – 18:00	Midget
Ile Bizard	Sun. Aug. 16	08:00 – 09:30	Peewee
Ile Bizard	Sun. Aug. 16	09:30 – 11:00	Bantam
Ile Bizard	Sun. Aug. 16	11:00 – 12:30	Midget
Macdonald College	Sat. Aug. 22	15:00 – 16:00	Peewee
Macdonald College	Sat. Aug. 22	16:00 – 17:00	Bantam
Beaconsfield	Mon. Aug. 24	18:00 – 19:00	Peewee
Beaconsfield	Mon. Aug. 24	19:00 – 20:00	Bantam
Mont Royal	Thurs. Aug. 27	18:30 – 20:00	Bantam
Mont Royal	Thurs. Aug. 27	20:00 – 21:30	Midget
Macdonald	Sat. Aug. 29	15:00 – 16:00	Peewee
Macdonald	Sat. Aug. 29	16:00 – 17:00	Midget
Kirkland	Wed. Sept. 2	19:00 – 20:00	Peewee
Kirkland	Thurs. Sept. 3	19:00 – 20:00	Midget
Macdonald	Sat. Sept. 5	10:00 – 11:00	Peewee
Macdonald	Sat. Sept. 5	11:00 – 12:00	Bantam

Cost \$75

