

## HOLY GHOST PREP HOCKEY 2007-2008

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RE: PRE-SEASON CALENDAR

FR: Coach Tocicki

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GENTLEMAN,

First of all, welcome back. I hope that you guys had fun-filled summers. The summer teams were a big success with both the Varsity and JV teams winning their respective leagues.

Now on a more serious note, ICE TIME and DRYLANDS begin this Wednesday at 3:15pm at the Skatezone and Friday at 6:40 A.M. at the TRACK at HGP. These are strongly suggested for all players who want to play Varsity hockey for the 2007-08 season. I will say it one more time to eliminate any confusion, **these are extremely important** and drylands are great way to prepare for the season; therefore everyone should be at the track promptly at 6:30 to begin at 6:40. Obviously, some of you are club hockey players. It is important for you to communicate with me about your schedule before deciding to just not show up.

Aside from the conditioning aspect, Drylands serve as teambuilding activities that help good teams become great. ALL NHL teams spend time with each other in the pre-season to build a foundation of trust and mutual respect for the upcoming season. With that being said, come prepared Friday morning to work hard, encourage one another, and take the first step towards making history.

Seniors and Juniors who drive – please offer rides to anyone that lives close to you. It's once a week so **I COULDN'T GET A RIDE IS NOT AN EXCUSE.**

The lower gym will be open after dryland for everyone to shower so bring the necessary towels, shampoo, etc. Also I will provide breakfast before school.

The school will provide transportation for all after-school tryouts in October, however, you will need to arrange your own transportation for pre-season meetings. We are working on plans for transportation for practices once the season begins. This information will be given out in early October.

Fall athletes are not allowed to participate in any pre-season workouts. You can begin ice hockey season when your current team completes playing.

HERE ARE THE REST OF THE PRE-SEASON DATES AND TIMES:

Wed. 9/12 On-Ice, 315pm, Skatezone  
Fri. 9/14 Off Ice, 640am, HGP Track  
Wed. 9/19 On-Ice, 315pm, Skatezone  
Thurs. 9/20 Off-Ice, 640am, HGP Track (no school on Friday)  
Wed 9/26 On-Ice, 315pm, Skatezone  
Thurs 9/27 Off-Ice, 640am, HGP Track (no school on Friday)  
Sun 9/30 On-Ice, TIME TBD, Lawrenceville  
Wed 10/3 On-Ice, 315pm, Skatezone  
Fri 10/5 Off-Ice, 640am, HGP Track  
Sun 10/7 On-Ice, TIME TBD, Lawrenceville  
Mon 10/8 to Thurs 10/11 tryouts.

If you have any questions, please let me know.

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