



# **GBN Hockey**

## **Spring & Summer 2019**

The GBN Spring & Summer Hockey Program is open to all present GBN students and those entering Glenbrook North this coming Fall, that have a 2004 or earlier birth date.

### **Spring Program**

The spring program will consist of eight 8 -12 games against local High School teams and some practices. We will field a JV and Varsity team based on evaluations and the number of committed players. **Players who are interested in playing on a SPRING TEAM will need to be committed to the game schedule** (most home games will likely be on Sunday and Thursday evenings; away games are not yet scheduled) We understand that GBN Spring sports (LAX/Baseball) will take priority over Spring hockey. We expect those that sign up will make most of the games scheduled and we **do not** offer a fractional fee based on availability.

**Tryouts will take place in April 1 and 2 after Spring Break (Time TBD - check website)**

The cost for the **spring program** is **\$550** (goalies are 50% off) and *registration will be available on line only in early March*. Payment in full required when registering. You must register prior to Tryouts.

### **Summer Conditioning Program**

Players will be required to work out independently all summer and turn in specific completed workout reports to Coach Evan. It is assumed that many will be playing other GBN sports over the summer and workouts/activities associated with those sports will count toward workouts. In addition, there will be TC Boost sessions available for an additional cost. Off-ice conditioning run by GBN Coaches will begin July 15th. 10 to 15 sessions are planned, weather permitting. Additionally, GBN coaching staff and Skills instructors will run (10) seventy minute on-ice clinics and conditioning sessions beginning about 7/29 and running through August.

The cost for the **Summer Program** is **\$195**. **Registration will be on line only. Payment in full is required.**

**IMPORTANT - There will be a mandatory meeting for all players and parents in early April to explain the Spring/Summer programs and coached expectations going into the fall season.**

Questions please Contact; **Evan Poulakidas** (847-530-7652) [evan.poulakidas@cctybearing-us.com](mailto:evan.poulakidas@cctybearing-us.com) OR **Jeff Marks** (847-274-3774) [jwmarks77@yahoo.com](mailto:jwmarks77@yahoo.com)

*Notwithstanding anything contained herein, the Northbrook Hockey League and Glenbrook North Hockey reserve the right to deny participation in the GBN Spring Hockey Program to anyone who is not a member in good standing.*