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BURLINGTON CITY REP HOCKEY CLUB

The Burlington City Rep Hockey Club is a volunteer driven organization with the mission to promote Home Town Hockey in Burlington. The volunteer Board of Directors has set out a mission to advocate and facilitate philosophies which affect the success and edification of our athletes as whole persons. This development includes eliciting values of character, education, integrity, leadership, teamwork, quality of life and altruism.

We have set ourselves the task of helping to mold our athletes, through the great Canadian passion of hockey, into responsible future leaders and caring citizens, whose paths will also be defined by a quest for excellence in all they do.

As a volunteer driven organization our goal is also to keep registration fees as accessible as possible while not losing focus on delivering strong developmental opportunities for our players. As the Burlington Eagles are a **not-for-profit** organization, this allows us to keep the focus on providing the best value towards player development.



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BURLINGTON EAGLES ELITE 2019/2020 AAA



AAA Program					
Games/Practices		Next Level Training		Positional Training	
OMHA Games	32	Dryland Sessions (PeeWee - Midget)	20	Goalie Sessions (Novice-Min. Bantam)	12
SCTA (Playoff) Games	Varies by team	3 on 3 Games (Novice - Atom)	5	Goalie Training Funding(Bantam – Midget)	included
Full-Ice Practices (Team)	60-80 hours	Team Development Budget	included	Professional Positional Coach Sessions	5
Tournament Subsidy	3 Tournaments	Pre-Season AAA Tune-Up Camp	4 hours		
		Sports Psychology Sessions (PW-Midget)	5-6		

THE BURLINGTON EAGLES ELITE AAA PROGRAM HAS BEEN AUGMENTED FOR THE 2019-2020 SEASON INCLUDING:

- **PRE-SEASON AAA CAMP WITH MIKE ELLIS (TORONTO MAPLE LEAFS PLAYER DEVELOPMENT COACH)**
- **NON-PARENT COACH AT EVERY LEVEL (NOVICE – MIDGET)**
- **EAGLES BRANDED WARMUP PACKAGE (DRY-FIT SHIRT, SHORTS, CARRY BAG)**
- **INCREASED TOURNAMENT ALLOCATION**
- **SPORTS PSYCHOLOGY SESSIONS**
- **IMPROVED GOALIE PROGRAMMING**
- **PROFESSIONAL POSITIONAL COACHING SESSIONS**
- **OVER 60 HOURS OF FULL-ICE TEAM PRACTICES**

Level	Registration
Novice	\$ 3,100
M.Atom – Atom	\$ 3,200
Min PeeWee	\$ 3,360
PeeWee-Bantam	\$ 3,460
M.Midget - Midget	\$ 3,640



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BURLINGTON EAGLES ELITE 2019/2020 AA/A



AA/A/AE Program					
Games/Practices		Next Level Training		Positional Training	
Tri-County Games	28	Dryland Sessions (Peewee- Midget)	20	Goalie Sessions (Novice-Min. Bantam)	12
OMHA/TC Games	Min 12	3 on 3 Games (Novice - Atom)	5	Goalie Training Subsidy (Bantam – Midget)	Included
Full-Ice Practices (Team)	60-80 hours	Team Development Budget	Included	Professional Positional Coach Sessions	5
Tournament Subsidy	3 Tournaments				

THE BURLINGTON EAGLES ELITE AA/A PROGRAM HAS BEEN AUGMENTED FOR THE 2019-2020 SEASON INCLUDING:

- **COACH DEVELOPMENT PROGRAM WITH MIKE ELLIS (TORONTO MAPLE LEAFS PLAYER DEVELOPMENT COACH)**
- **EAGLES BRANDED WARMUP PACKAGE (DRY-FIT SHIRT, SHORTS, CARRY BAG)**
- **INCREASED TOURNAMENT ALLOCATION**
- **IMPROVED GOALIE PROGRAMMING**
- **PROFESSIONAL POSITIONAL COACHING SESSIONS**
- **OVER 60 HOURS OF FULL-ICE TEAM PRACTICES**

Level	Registration
Novice	\$ 2,700
M.Atom – Atom	\$ 2,950
M. PeeWee - Bantam	\$ 3,050
M.Midget - Midget	\$ 3,230

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BURLINGTON EAGLES 2019/2020 MINOR NOVICE (TYKE) PROGRAM



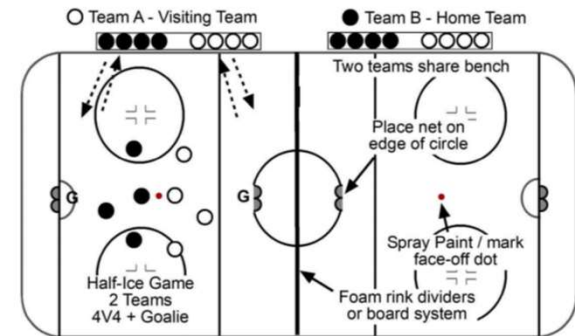
MINOR NOVICE (7 YEARS OLD) | SEASONAL STRUCTURE

Effective 2018-19



MINOR NOVICE (7 YEARS OLD) | GAME FORMAT • HALF-ICE

Effective 2018-19



BURLINGTON EAGLES

COACH DEVELOPMENT PROGRAM WITH MIKE ELLIS (TORONTO MAPLE LEAFS PLAYER DEVELOPMENT COACH)

EAGLES BRANDED WARMUP PACKAGE (DRY-FIT SHIRT, SHORTS, CARRY BAG)

MONTHS	September - October	November - March
PHASE	Development Season 6 Weeks	Regular Season 20 Weeks
VOLUME	42 practices 22-30 games	30 Practices Hockey Canada Curriculum Station-based 75% technical skills 18-26 Games Half-Ice
	4 Games Half-Ice	3 Jamborees after December 1 st
FACTORS	3:1 Practice to Game 5:1 Player to Coach	2:1 Practice to Game 5:1 Player to Coach
TIERING	Tier players of similar skill. All tiers allocated the same number of practices and games. All tiers work on same skills.	
POSITIONAL PLAY	Rotate all players through all positions. No Full-Time goalies - every player takes a turn in goal.	

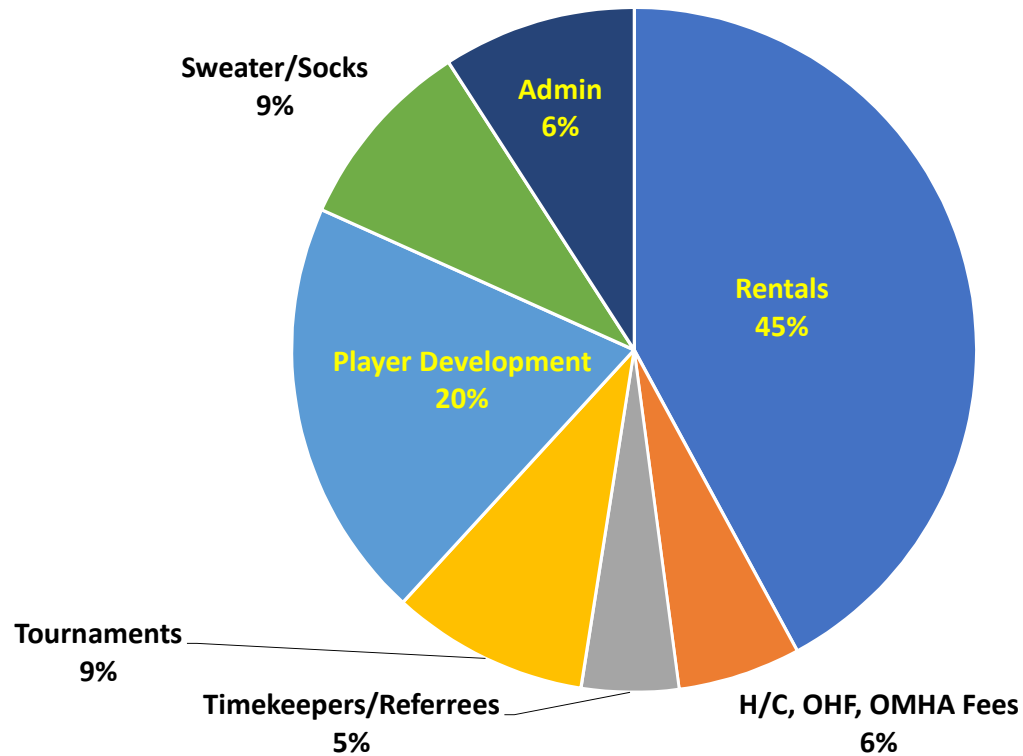
TEAM FORMAT:	Two Team Model	GAME FORMAT:	4 V 4 plus Goaltenders
GAME LENGTH:	Two 22 Minute halves (44 minutes)	OFFICIALS:	1 or 2 per game - both are acceptable
WARM UP:	3 minutes	SCORE KEPT:	None
PUCKS:	Blue (4 oz.)	BENCHES:	Teams share benches
RINK DIVIDERS:	Optimal: Foam rink dividers or board system		
FACE-OFF DOT:	Spray paint or draw face-off dot in the middle of each Half-Ice Rink		
NETS:	Small (3' x 4') or Regulation (4' x 6') - both are acceptable Place nets on edge of centre circle using the line of the circle as the goal line		

Level	Registration
M. Novice	\$ 2,300



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BURLINGTON EAGLES 2019-2020 BUDGET



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2019/2020 TRYOUTS

	Novice	M.Atom – M. Midget
Registration	\$100	\$175
Minimum Sessions	4	4
Tryout Jersey Included	Yes	Yes
Tryout Start Date	April 15 th	April 16 th



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BURLINGTON EAGLES ACTIVE PRO ALUMNI

■ **Josh Anderson**

- **Current Team:** Columbus Blue Jackets (4th round 2014)
- **OHL:** London Knights (signed as a free agent from the Burlington Eagles Midgets) (Two time OHL Champs)
- **Minor Hockey:** Burlington Eagles



■ **Josh Jooris**

- **Current team:** Toronto Marlies
- **NHL Teams:** Calgary Flames, New York Rangers, Arizona Coyotes, Carolina Hurricanes
- **Minor Hockey:** Burlington Eagles



■ **Cory Conacher**

- **Current team:** Syracuse Crunch (AHL)
- **NHL teams:** Tampa Bay Lightning, NY Islanders, Buffalo Sabres, Ottawa Senators
- **Minor Hockey:** Burlington Eagles



■ **Alex Hutchings**

- **Current team:** Oskarshamn IK Sweden I
- **NHL teams:** Tampa Bay Lightning (2009 4th round) (signed NHL entry level contract 2010)
- **Minor Hockey:** Burlington Eagles



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