

**New for the 20/21 season:**

We will be running free weekly PowerEdge Pro sessions by BYHA coaches and Power Skating sessions with ACH weekly. These sessions are free to anyone 10U and above in the organization and will be conducted @6AM on Saturday & Sunday.

**GIRLS PROGRAM TEAM SPECIFICATIONS (Starts Mid October)**

**We will continue to keep families updated of our plans as we continue to plan our 21/22 season**

1+ practices a week

18+ games

Advanced Skill Training by Atlantic Coast Hockey

Goalie training with Goalie World

1 Tournament

Cost - \$575.00

**Saco sports & fitness training for house players throughout the season**

We will continue training with Saco Sport & Fitness this season for our house level players at 12U level and older