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June 25, 2007

Dear Registrant:

Thank you for registering for the upcoming Ottawa Jr. 67s AAA tryouts starting on August 10 for the Minor Bantam, Major Bantam and Minor Midget levels and on September 8 for the Major Midget level.

Although summer is upon us, the excitement and anticipation for the upcoming AAA tryouts and season is building. The new AAA league is raising the bar for minor hockey players who have aspirations to play at an elite level. But playing at an elite level will require not only the on-ice hockey skills but also an ongoing commitment to achieve and maintain a high level of athletic and mental fitness.

To help attain this high level of fitness the development committee of the Ottawa Jr. 67s association has prepared pre-tryout fitness programs for the Bantam and Midget levels. These documents are attached. We encourage you to use the program to help you prepare for the tryouts and your upcoming hockey season.

We would like you to arrive at the tryouts in the best possible physical condition as we will be running off-ice fitness evaluations during the tryouts. We believe your adoption of the attached (or comparable) program is an important step in committing to a long-term fitness regimen and to helping you become an elite athlete. The off-ice fitness evaluation will cover aerobic and anaerobic capacity, power, balance, speed, agility, quickness and flexibility.

Should you have any questions, please do not hesitate to contact me directly using my email - wayne@branhamgroup.com. I will reply promptly.

Once again, thanks for registering for the Ottawa Jr. 67s tryouts.

Sincerely,

Wayne Gudbranson
2nd Vice President
Ottawa Jr. 67s - Zone 4 AAA - <http://www.ottawajr67aaa.com>

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