

## SAINT-LAWRENCE LIONS JUNIOR COLLEGIATE HOCKEY

Our program is entering its sixth year of competition. We now are preparing for a 48 game schedule as a member of the United Junior Hockey league based in Quebec, western New York and Ohio. We provide a unique setting for over 200 student-athletes in a small campus, housing 850 students. Saint- Lawrence is a first rate English-language institution and we are very proud to field a competitive hockey program for students-athletes anxious to fulfill their potential.



### OUR MISSION

Provide talented hockey players with a development context designed to promote the achievement of excellence as elite student-athletes. Our program takes great pride in preparing student-athletes for a broader horizon of opportunities in life, and student-athletics at the university level.



### DEVELOPMENT PHILOSOPHY

Each player will be introduced to a strategic evaluation plan that will identify their respective strengths and weaknesses. Players will be given a personalized goal achievement program that will be monitored and revised by our qualified coaching and conditioning staff. We believe in developing a work ethic that builds better athletes and prepares them to showcase their skills and abilities in a competitive setting in both US and major Canadian hockey venues.



### WHAT MAKES US SPECIAL

- Student success. 92 % passing rate for student-hockey players.
- Social science, business and marketing program, DEC/BAC administration program, Language and science programs.
- (Plyometrics, power skating, stickhandling, shooting and strength training)
- Full time team employees on campus
- State of the art fitness center
- NCAA and CIS scholarship contacts
- SAT testing center and preparation
- Science and math tutors
- Rich athletic tradition
- Competitive Junior A schedule including tournaments and exhibition games
- Three weekly on-ice practice sessions during academic hours.
- Equipment and stick discounts
- Team helmet, gloves pants, spirit kit and track suit.
- Weekly off-ice conditioning and video sessions.
- Strategic evaluation and personalized goal achievement program
- Annual training program



### ELIGIBILITY

To qualify for the 2009-2010 edition candidates must fulfill the following conditions:

- Complete and submit the Champlain Saint-Lawrence Admission form by March 1 and obtain full or conditional admission.
- Attend our Spring camp tryout and selection camp (120 \$ camp fee; April 24-25-26, 2009 @Val Belair Arena)
- Born between 1989-1992
- Agree to a 2500 \$ team fee once selected on the team roster.
- Be a full-time student at Champlain-Saint-Lawrence for the academic year 2009-2010.
- Register for a mandatory English immersion course offered by the college if required by the admissions office.



## REGISTRATION FORM

Complete the information below and return to:

Mike Labadie  
Head Hockey Coach  
Saint Lawrence Campus  
790 Nerre Tremblay  
Sainte-Foy, QC, Canada  
G1V 4K2

### PERSONAL INFORMATION

Family name \_\_\_\_\_  
First name: \_\_\_\_\_  
Date of birth: \_\_\_\_ (day) \_\_\_\_ (Month) \_\_\_\_ (year)  
Medical card Number \_\_\_\_\_  
Address : \_\_\_\_\_  
City \_\_\_\_\_ Postal Code \_\_\_\_\_  
Home phone \_\_\_\_\_ - \_\_\_\_\_  
Cell phone: \_\_\_\_\_ - \_\_\_\_\_  
Email: \_\_\_\_\_  
School: \_\_\_\_\_  
Academic Level: \_\_\_\_\_  
Academic program \_\_\_\_\_  
Average \_\_\_\_\_  
Have you completed an application form to attend Saint  
Lawrence next fall? Yes  No   
Collegiate \_\_\_\_\_ program \_\_\_\_\_ of \_\_\_\_\_ study  
\_\_\_\_\_

### HOCKEY INFORMATION

Present team: \_\_\_\_\_  
Level : Midget  Junior  High School   
Other \_\_\_\_\_  
Caliber AAA  AA  Espoir  A  B   
Coach: \_\_\_\_\_  
Coach Phone number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
Position: \_\_\_\_\_  
Shot: right  left   
Height: \_\_\_\_\_ (ft) \_\_\_\_\_ (in) weight \_\_\_\_\_ (lbs)  
Have you been drafted by a Junior major hockey club?  
Yes  No . If yes indicate the team \_\_\_\_\_  
Have you played exhibition or league games in the  
LHJMQ  
Yes  No  If yes how many games \_\_\_\_\_

## COMMITMENT TO DEVELOPMENT

Once a decision is made to sign you as player, we will abide by that commitment for one full season. We promise all of our athletes that they will receive guidance and coaching in a context that will build hockey skills, life skills and more importantly the confidence that is required to achieve success as a student athlete and competitor as well.

We know from experience what we can accomplish with the amount of ice time we are providing. Our knowledge in team building and our dedication to skill-development are unique assets we bring to the table. While learning to win is a vital part of development, winning will simply not override our commitment to your development. Players will remain members of our program as long as they comply with team rules and policies during the academic year.



### CONTACTS

Saint Lawrence campus  
790 Nerree Tremblay  
Sainte Foy, Qc, Canada  
G1V 4K2

Mike Labadie, Hockey Program director and  
Head Coach 656-6921 ext 486  
mikelabadie@slc.qc.ca  
Christian Brosseau, Coordinator of Student  
Activities 656-6921 ext 236  
[cbrosseau@slc.qc.ca](mailto:cbrosseau@slc.qc.ca)



### KEEPING YOUR DREAM ALIVE

SAINT-LAWRENCE JUNIOR COLLEGIATE HOCKEY offers a first rate Cégep education to elite Midget and Junior caliber players as well as a structured hockey program designed to develop excellence in hockey and academics. We are committed to preparing you for higher achievement in harmony with your absolute potential and more. We can help you keep your dream alive.

Our coaching staff will make you a better competitor and prepare you for scholarship opportunities by developing both your physical and game skills. You will also be given the opportunity to showcase your talent to College recruiters and coaches in the United States and Canada.

