



GMHA 2020-21 Season Advanced Programming (Rep)

Season will be split into 3 Seperate Segments, each to include the following:

- 21 Ice Times, averaging 3/week (solo practice, skills practice, and a game day)
- 4 Dryland Training sessions for athletic development
- 1 Mental Performance Coaching webinar for players, and 1 for parents (optional)
- Segment ending 5-Game* Tournament (*subject to ice availability)
- Maximum 18 players on the ice at one time (players divided into groups of 8 skaters and 1 goalie)
- Development, Competition, and Fun!

Segment 1 will cost \$575



**Programming is set to
begin the last week of
September!**



*** Deadline to Register is September 15th, 2020***

GMHA's 2020-21 Programming was designed by local hockey professionals, and was created to ensure the safety of each and every player. Our program's vision is one of lots of growth, competition, and most importantly fun during this unprecedented time

For Further Information, and to access our FAQ's, please go to <https://guelphminorhockey.com>

COVID-19 has reshaped the landscape of our lives and hockey is no different. This season it means no tryouts, and no league play. It means less players on the ice at one time, and more time in between for cleaning, resulting in less overall ice time then we are generally used to. We all want to get back to the rink, but we must do it safely, and we must work within guidelines set out by OHF, OMHA, the City of Guelph, and the University of Guelph.