



GBN Hockey

Spring & Summer 2015

The GBN Spring & Summer Hockey Program is open to all present GBN students and those entering Glenbrook North this coming Fall, that have a 2000 or earlier birth date.

Spring Program

The spring program will consist of eight 8 -12 games against local High School teams and 8 practices. We will field a JV and Varsity team based on evaluations and the number of committed players. **Players who are interested in playing on a SPRING TEAM will need to be committed to the game schedule** (home games will likely be on Sunday evenings; away games are not yet scheduled)

Tryouts will take place on April 7th, Time TBD

The cost for the **spring program** is **\$515** (goalies are 50% off) and registration will be available on line only. Payment in full required when registering. You must register prior to Tryouts.

Summer Conditioning Program

The Summer program will begin in June with Senior Team members running workouts in the GBN weight room and outdoors. Players will be required to work out independently all summer and turn in specific completed workout reports to Coach Evan. Off-ice conditioning run by GBN Coaches will begin July 8th. 10 to 15 sessions are planned, weather permitting. Additionally, GBN coaching staff and Skills instructors will run (10) seventy minute on ice clinics and conditioning sessions beginning about 7/31 and running through August.

The cost for the **Summer Program** is **\$195**. **Registration will be on line only. Payment in full required.**

IMPORTANT - There will be a mandatory meeting for all players and parents in early May to explain the Summer program and next Fall's program and requirements.

Please fill out the information below:

_____ I would like to participate in the GBN Spring program

_____ I will **NOT** be participating in the GBN Spring program

_____ I will be participating in the Summer Program

Player Name: _____

Player Cell #: _____

Player E-Mail: _____

GBN class for 2015 – 2016 (circle one): FRESHMAN SOPHOMORE JUNIOR SENIOR

Birth Year (circle one): 1996 1997 1998 1999 2000

Please return this form to Pete Day **immediately** via e-mail (dayp100@gmail.com) You can also leave it in Pete's folder in the NBHL box at the rink.

Questions please Contact ; **Evan Poulakidas** (847-530-7652) evan.poulakidas@cctybearing-us.com **OR**
Rich Blakey (262-497-0705) rblakey30@gmail.com)

Notwithstanding anything contained herein, the Northbrook Hockey League and Glenbrook North Hockey reserve the right to deny participation in the GBN Spring Hockey Program to anyone who is not a member in good standing.