



[www.arsenalhockey.ca](http://www.arsenalhockey.ca)

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## **The Lac St-Louis Arsenal**

The Lac St-Louis Arsenal is a non-profit organization whose mission is:

- ❖ Offer the best elite hockey programs to players from the Grenadiers structure (LaSalle-Verdun-Westmount, Trois-Lacs, Beauval and Suroît, Lachine, Saint-Laurent & MRO).
- ❖ Develop young hockey player's athletic and social skills.
- ❖ Develop personal discipline within each player.
- ❖ Prepare our players for the higher levels of hockey, such as Midget AAA and Major Junior.
- ❖ Administer the Pee wee and Bantam, AAA and AAA-Releve Structure.
- ❖ Allow players to play elite hockey while parents choose what school their child will attend.

## **Community Hockey**

The first objective of community hockey is to allow players to participate at the highest hockey levels while attending the school of their choice. The Arsenal believes that the selection of a school for your child is of the upmost importance and should be left to you, the parents.

Regardless of which school you attend, all players can try out for our teams. All of this, at a very competitive price.

The Arsenal teams have their activities on weeknights as well as weekends. This allows families to be more involved in their child's hockey activities as well as allowing our youngsters to benefit from a full day of school.

All teams benefit weekly of three on-ice practices, as well as two off-ice training sessions.

The Lac St-Louis Arsenal is a registered organization that was formed by the LaSalle-Verdun-Westmount and Trois Lacs zones; It now also includes Lachine, Saint-Laurent and Mont Royal - Outrement, hence the Arsenal activities are held in arenas located in these zones, as well as in Châteauguay.



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## Values

- ❖ Respect
- ❖ Development
- ❖ Discipline
- ❖ Work ethic
- ❖ Passion

## Hockey Personnel

The Arsenal provides highly qualified coaches under the supervision of our Technical Director, and our Hockey Advisor, the head coach of Midget AAA Grenadiers.

- ❖ Technical Director: Oversees the development of players and coaches.
- ❖ Hockey Advisor: Eric Lecompte and Marc-Olivier Samson, coaches of Midget AAA
- ❖ Technical Skills developer: Gordon Kilgallen
- ❖ Certified team coaches, Hockey Quebec High Performance level
- ❖ Certified Off- ice trainers: Axxeleration and GSC Athletics
- ❖ Goalie coach: Francis Martineau

## Dates to remember

- ❖ Parents and players information meeting: TBD (check our website regularly).
- ❖ Pre-camp: Cancelled due to Covid 19 pandemic.
- ❖ Selection camp and finalization of teams: August 17th to September 4th 2020.



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## Cost for the season

Pee wee AAA and AAA-R	\$3,300
Bantam AAA and AAA-R	\$3,500

\*\*There will be no fundraising campaign in 2020-2021\*\*

\*\*\*\*Your AHM registration fees are added to the above fees\*\*\*\*

## Included in the price

### Hockey

Technical director  
Regular participation of Midget AAA Coaches  
High Performance certified coaches  
Professional on and off ice trainers  
Professional goalie coaches  
Professional technical skills developers from MIDAAA  
3 practices per week (PW and BT)  
Off-ice program  
Tournaments  
Regular season games  
Dodge Cup  
Bus for travel in Abitibi  
Christmas party  
End of season Gala

### Equipment

Game jerseys (returned after the season)  
Game socks  
Arsenal hoodie  
Practice jersey and socks  
CCM helmet with cage  
Pants shell  
CCM gloves  
Hockey bag  
Arsenal track pants  
Arsenal winter coat  
Arsenal tuque  
Off-ice t-shirt and shorts