



PLAYER BOOK
2025-2026

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1

**RULES
GAME DAY
SCHEDULE
PLAYING THE GAME**

2

**NUTRITION
CONDITIONING**

3

FUNDRAISING

4

**QUEBEC CITY
PEEWEE
INTERNATIONAL
TOURNAMENT**

5

YOUR NOTES



EVERY-

PLAY INDEX

100000

SECTION 1

RULES
GAME DAY
SCHEDULE
PLAYING THE GAME

GREATER BOSTON JUNIOR BRUINS PEEWEE MAJOR TEAM RULES 2025-2026

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1. BE ON TIME

The time that practice is scheduled to begin means that you must be dressed in proper equipment and ready to go on the ice.

2. MISSING PRACTICE

All practices must be attended. Practice is very important to a team. In the event you must miss practice, contact Coach Hanley, Coach Nelson or coach Hawryluk leave a message that you cannot attend practice and reason. Remember Coaches leave for practice 1 1/2 hours before practice begins.

3. ALCOHOL / DRUGS / CIGARETTES / VAPING

Alcohol, drugs and cigarettes and vaping have no place in our program; any player found to be in violation will be removed from the team.

4. PROFANITY

The use of profanity is inappropriate and unacceptable on this Hockey Team under all circumstances.

5. HOMEWORK

Practice is no excuse for not doing your homework. All players need to learn how to manage their time around their schoolwork schedule while playing a sport.

6. CURFEWS

Rest is critical for an athlete; personal curfews should be set for yourselves on the evenings before games, a tired player helps no team.

7. GAMES

All players should be at games at least 1hr before the start of the game Home or Away. This will give you time to adjust any equipment that needs it and to have skates sharpened if need be

8. DRESS CODE

All players are required to wear the proper dress to and from all games. This includes light chino type pants (no jeans); button down shirt (white or cream) and Bruins tie with your Jr. Bruins Warm Up.

9. LOCKER ROOM

It is the responsibility of each team member to maintain a clean, neat locker room. Failure to maintain the locker room will subject all team members to equally share in any resulting consequences. **NO LOCKER ROOM BOXING**

10. SHOWERS

It is expected that all team members be prepared to shower after each game in arenas that have shower facilities that are useable. The purpose of this is to get you ready for our trip to Quebec City in February. In Quebec, we play a game and head out for a day's activity on a bus with 16 players and parents. Your parents will be grateful. (Get shower shoes and a pair of shorts).

11. ATTITUDE

You are a member of the BOSTON JUNIOR BRUINS PEEWEE MAJOR HOCKEY TEAM. An attitude of pride in your efforts and in the efforts of your teammates is what makes the difference between a good team and a bad one - regardless of who wins the game.

REMEMBER - JUNIOR BRUINS PRIDE

"[Once the decision to involve a child in sport has been made], it involves the whole family, and parent and child become locked in a complex dance of action and reaction, cause and effect, as the child's involvement has a ripple effect on family relationships and motivations."

- Murphy, 1999

Will this ripple effect lead towards optimal student-athlete development or tumultuous tidal waves?

Parents should...

- Want the best for their child.
- Want to protect their child from physical and emotional harm.
- Hope for their child to succeed.
- Dream of what their child can be.

Children's competition is emotional for their parents. Emotions are shared and often parent's display *more competitive anxiety than their kids*.

Who's Game is It?

Empowered and personally responsible player become excellent players.

Be a "Role" Player

Coaches role = teach skills and strategies

Officials = keep the game fair, protect players

Administrators = schedule and provide opportunities for competition

Parents = support through successes and struggles

Sport Science =

The Rink is Sacred

The rink is an emotional place, unregulated emotion can lead to stupidity. Have only positive/productive things to say at the rink. 24 hours after games and the Dunkin Donuts down the street is an ideal time and place to air concerns.

Asking the "Right" Questions

Winning matters... focusing solely on winning hurts player development. There are better questions to ask than, "Did you win?" Ask, "How did you play?" "What did you learn today?" "Did you enjoy the battle?"

Play Today, but Commit to the Journey

Excellence is a lifetime process. Today's win or loss is only one small piece to this puzzle. Perspective – losses are critical to learning, wins are important for the memory bank.

Balance Is Important for Skating and Success

Encourage great efforts and encourage time for both mental and emotional recovery. More is not better. Practice hard and rest wisely.

Support,Support,Support

Dr. Adam Naylor is the Director and Sport Psychology Coach at the Boston University Athletic Enhancement Center (BUAEC) (www.bu.edu/aec/). He is also a consultant to USA/Mass Hockey player development and the Lewiston Maineiacs (QMJHL) and recently published *Priming Performance: A Collection of Writings for Finding Consistent Mental Toughness* (<http://stores.lulu.com/telosspec>). Dr. Naylor can be contacted at 617-353-0313 and/or ahnaylor@bu.edu.



Game Day Checklist

**Game day attire –White or cream button down shirt and Bruins tie
Beige chinos (dockers etc.) no jeans of any type
Sneakers are acceptable
Remember: You are representing yourself, your family and
the Junior Bruins**

- 1. Arrive at the rink one hour prior to game time**
- 2. Check hockey bag before each game to make sure you have all
the necessary equipment - it should always be kept in good
condition and skates should be sharpened.**

**Helmet and mouth-guard
Shoulder pads
Elbow pads (pair)
Supporter and cup
Hockey gloves (pair)
Shin guards (pair)
Stockings (pair)
Skates (pair)
Pants or girdle
Sticks (2)
Tape/shin straps**

- 3. Shower Bag / Warm-up shorts shirt and sneakers**

WHY WE PRACTICE

Training sessions, more commonly called practices, formulate an important part of hockey. Success of a team, whether it is measured in improvement, winning, or fun is directly dependent on practices. The better the practices, the better the team. What goes into a practice, how a practice is conducted, and what is accomplished during a practice is critical. In this sense, the drills that practices are comprised of are essential to the development of the team.



There is NO "I" in "TEAM"

One of the hardest things for a hockey player to do (often times) is pass the puck. The golden rule is for your team to have control of the puck longer than the other team, not you have the puck longer than anyone else on the ice. We all love to score goals, but we need to also master the art of play-making and being a creative player away from the puck. Team play is so much more than what you do when you have the puck. Following are a few of the forces working against becoming a well-rounded Team Player in today's hockey world.

Pass only as a Last Resort Syndrome

An awful plague that places passing the puck at the bottom of our decision making process, only as a last resort when all other options are exhausted. Teams comprised of players who hesitate to pass struggle. Some say that Wayne Gretzky thought like a computer, always having several options for each possible decision. Since his head was always up with his eyeballs scanning the ice for creative plays, Wayne's deadliest weapon was his unmatched ability to work with his teammates to create a complicated, yet simple and perfectly executed game of chess on the ice. "If I go this way then pass to him, he might go this way, but if he goes this way, I'll pass then go that way.....". Wayne could make such decisions faster than anyone else and always thought pass first. Wayne was encouraged to be creative and to be a student of the game. As a young boy, while watching Hockey Night in Canada, Wayne used to sketch the movement of the puck onto a piece of paper. At the end of the game, he would analyze his doodles and would make a mental note of where the puck is most likely to be. "Then I would make sure I was there". As I always say, "If you want the puck, get into position to receive the puck. Be Creative". Players who do not continually look to advance the puck to a teammate in a better position tend to be players who lack fundamental skating and puck control skills. Passing and advancing the puck is an advanced skill and is often overlooked when skills lack.

Scoring beats my allowance

There are many small businesses within the hockey families across the country and in my opinion, far too many damaging financial transactions and hurtful messages. "For each goal you score, I will pay you a dollar". That's what kids made when I was playing youth hockey, I'm sure it's more like two or three dollars today. This sends messages promoting selfishness and add to the pressure on young players. "If I don't score, mom and dad will be disappointed".

But I am the best player on the team and there's no one to pass to.

If this is the case, use your skills, leadership and creativity to make your teammates better. You can't do it by yourself be a positive leader. If you really are that good, your teammates look up to you. If you are negative and condescending, the team will take on a negative tone. Emotions are contagious, especially negative emotions.

There is a "best" player on every team. But how do you define "best"? All coaches like individual skill, it's a must, but a good coach loves to see creativity when you don't have the puck.

I was wide open, why didn't you pass me the puck??

When you don't have the puck, do you stand still and bang your stick while you are 60 feet away from the puck? Again, if you want the puck, get into position to receive the puck. Make it EASY to get you the puck, by greeting the passer in a passing lane with your stick on the ice. Keep your feet moving and communicate both vocally and with body language.

How well do you fit into the team chemistry both on and off the ice. Will you go to battle for your teammates or are your own interests all you battle for. No one remembers the first twenty games of an NHL season, rather is it the final playoff run that defines dynasties and championship teams. The further you go, the more important your ability to be a team player becomes! Great players make those around them better which in turn improves the team's performance.

Real Reasons for Becoming a Team Player

The ice gets smaller

Players who are able to "wheel and deal" during youth hockey will find that available time to hold onto the puck decreases drastically as we climb the hockey ladder. Not many NHL players can do what a few early bloomers can do in the rinks across the country. You will learn to depend on the skills and creativity of your teammates at some point in your career, the sooner the better.

A skill-set for Life.

Hockey is a tool for life. Develop strong individual skills, but learn to work well with others. Learn to use the skills of others to better your own. I read an' interesting study a few years ago that concluded that employers actively seek successful undergraduate athletes. Employers understand the value of the competitive athlete on a successful team. and say that a high level athlete is better prepared for the work force and the real world. Some recruiters went so far as to say that they went after National Championship players because they "must" have a special skillset (skills to perform under a variety of situations and with several teammates) that will easily conform to the professional work setting.

Also, apply a team player's ability to be part of a successful family or to be involved in a successful relationship. Encourage your son or daughter to be a team player.

What's the fastest way to move the puck?

There is not a hockey player alive that can skate as fast as the puck can travel. A ten foot pass is often the best option. A pass doesn't have to be the impossible pretty pass that travels the length of the ice, goes between legs and puts your teammate on a break-away. Pass tape to tape so that the puck "melts" onto the blade of the receiver.

TEAM PLAY

One cannot become a Team Player simply by understanding the benefits that result from a collective effort. That however is a great start.

Team Play is a product of sound fundamental skills, Skating and Puck Control Skills. Once you are an accomplished skater (the most important skill to perfect) and have soft, creative hands, you have the skills to become a team player. With these three skills, the game takes on an entirely new dimension. With the introduction of creative "on ice awareness" comes a well rounded on ice hockey player which in turn becomes a threat on the ice. The hockey world can only hope that another Gretzky will enter the game.

SECTION 2

NUTRITION
CONDITIONING

NUTRITION FOR HOCKEY PLAYERS

*by Jack Blatherwick
USA Hockey Sports Science and Research Advisor*

Every person, especially athletes, should begin a healthy diet at a young age to reduce the risk of future cardiovascular disease and improve the quality of adult life. Here are some examples of foods we recommend for hockey players of all ages:

High complex-carbohydrate, low fat foods:

Breads Tuna
Cereals Fish,
Pasta (without meat or cheese)
Vegetables, Potatoes Skim
Fruits
Jello Non-fat
Soups (clear broth, not cream-style)

High protein, low fat foods:

(canned in water, not oil)
Chicken, Turkey, Lean Beef (broiled or
baked, but not fried)
Milk (since you should increase the
volume you drink, even 2% has too much fat)
Cottage Cheese (awesome, healthy
food with vegetables)
Egg Whites
Legumes (vegetable protein is not as high
quality as dairy or meat proteins)

Foods to avoid:

Butter (100% fat -- much of it saturated fat)
Ice cream (protein, carbohydrates and calcium on the plus side -- fat and sugar on the negative side)
Hot dogs (saturated fat plus a lot of preservatives)
Most fast food hamburgers (especially fatty meat, cheese and mayonnaise)
Bacon, Sausage (pork, fat and nitrates are bad for you)
Egg Yolks (especially if fried in butter, bacon grease, or lard)
Cheese (the fat outweighs the good stuff. protein, calcium, carbohydrates)
Cookies, Cake, Pie, Doughnuts

When making a choice:

Choose...

Pretzels
Fruit or Jello
Non-Fat Yogurt
Non-Fat Cottage Cheese
Jelly
Poly-unsaturated Fat
Olive Oil
Hard Candy

Instead of..

Popcorn, Potato chips, Nuts
Cookies, Cake, Candy
Ice cream, Ice milk
Butter, Sour cream
Butter Margarine, Peanut Butter
Dairy or Animal/Saturated Fat
Coconut or partly Hydrogenated Oils
Chocolate

Pre - And Post-game Nutrition

For most hockey games, it is more important when the pre-game meal is finished than what is eaten. If the meal is high in carbohydrates and low in fat, it can be digested and absorbed in less than three hours. But, by including fat, the time course is slowed to six hours or more.

The most important consideration before the game is to eat foods which are easily digested during the four or five hours prior to competition.

Immediately following any game, the meal should feature plenty of fluids and carbohydrates.

Keep in mind that water must be consumed in large quantities during practices and games. If players lose too much water (even 2% to 3% of their body weight), their chances of performing at a top level are greatly reduced. Carbohydrate loading before and carbohydrate replacement drinks during any single hockey game are of little physiological value. The more relevant issues in avoiding fatigue are drinking enough water during games or practices (up to 10 pints for some players) and replacing water and carbohydrates between games (or practices) when you have several events in a short period of time, like a weekend tournament, a back-to-back series, or in the case of two-a-day practice.

Advice to Players on Weight Gain and Loss:

Key points for a hockey player trying to gain weight are:

- a) All of the weight gain should be muscle, not fat.
- b) A majority of the increased muscle mass should be in the legs.
- c) Intensity is the key to this weight training regimen.
- d) There should be days off, with adequate recovery between workouts. Those who are trying to lose body fat should include some kind of workout every day, adding aerobic workouts to the weekly calendar.

To gain muscle weight, your strength workouts must be intense, emphasizing large muscle groups, especially the legs. The importance of rest and nutrition is magnified. Weight gain might be vastly over-rated and inappropriate for many players.

Key points for a hockey player trying to lose weight are:

- a) The more often and longer you train (without overtraining) the better chance of replacing fat weight with muscle weight.
- b) Aerobic workouts are the best for shedding fat. Long, slow jogging, interrupted by walking is ideal, as are bike rides and swimming.
- c) Days off, while giving your muscle cells time to grow, unfortunately provide your fat cells the same opportunity.
- d) Include an aerobic workout seven days a week. It is best for your back, knees, hips and other joints to alternate forms of exercise from one day to the next: walking, jogging, biking, swimming, etc.
- e) Circuit training is a great way to add aerobic endurance to your strength workout.
- f) Your diet should be high in complex carbohydrates.
- g) Practically eliminate saturated fats and cholesterol, and reduce poly-unsaturated fats.
- h) Eat often -- up to five or six light, carbohydrate meals per day. We should "graze" rather than "fast-and-feast."
- i) Throw away the bathroom scale. Forget your weight, and concentrate on percent body fat. Gaining muscle and losing fat is the main objective.
- j) The biggest factor is consistency over time. In fact, to maintain a low body fat percentage is a lifetime commitment.

Permanent weight loss by reducing calories is unlikely to work, thanks to our evolutionary history. Reducing body fat requires a very consistent program of endurance and strength training, with less emphasis on intensity and more emphasis on consistency and volume of work than in the regimen to gain weight.

We would all be well advised to increase the percentage of calories coming from complex carbohydrates such as: bread, pasta, cereals, and other grains, vegetables, fruit, and non-fat dairy products. High carbohydrate foods help replenish the stores of muscle glycogen depleted by strenuous exercise. They are also a source of fiber and energy (calories), and are comparatively low in fat.

We recommend that you see your family physician before you begin any fitness program.

Hustle

Our team

Communication

Keep it simple

Execute

Yes we can

The
‘ Junior Bruins’
have to work
On the following concepts
(give them some thought)

SUPPORT

TEAM DEFENSE

ON-ICE COMMUNICATION

OPEN-ICE HITTING

WINNING FACE-OFFS

LOOKING AROUND

DECISION MAKING

***“ Coming together is a beginning;
Keeping together is progress;
Working together is success.”***

Henry Ford

JUNIOR BRUINS PEEWEE MAJOR

DRYLAND ISSUES:

Skill Development (shooting)
 (stickhandling)
 (hitting)
 (jumping rope)

Hydration (consumption of fluids before, during and after games and practices)

Injury Prevention (at home dryland workouts)
 (proper warm-up and cool-down)
 (flexibility)
 (sleep to avoid fatigue)

Injury Management (R.I.C.E.) The RICE method (Rest, Ice, Compression and Elevation) is recommended for managing a lowgrade injury in its early stage.

Recommended At Home Dryland Workout

3 times per week (2-3 sets each time)

SIT-UPS x 25

PUSH-UPS x15

JUMP ROPE x 1MINUTE

CHIN-UPS x 5

SQUAT THRUST X 15

CARTWHEELS x 10 (both ways)

HANDSTANDS x 50 count

Cool-down

STRETCH

STICKHANDLE various drills

SHOOTING x 25(wrist, slap, snap, backhand)

SPEED-SHOOTING x 10(wrist, slap, snap, backhand)

HOCKEY PLAYERS NEED STRONG LEGS

Your great leg power (strength plus speed) enables you to move with far less effort than your opposition.) Serious hockey players should now be contemplating special off season development programs. Even an hour a day, four or five times a week could make a tremendous difference by next season. These leg/strength exercises are designed for players who do not have access to weight training equipment. Leg workouts should come after your running program, so as not to interfere with your running.

Warm up well, and spend at least ten minutes cooling down again after your workout. This will prevent fatigue and also prevent you from being sore the next day. These exercises should be done everyday, or if you want to get there in a hurry, twice a day

REBOUND JUMPING: From a standing start, jump as high in the air as possible, lifting your knees high.on landing, rebound immediately into another jump, like a rubber ball. Try to get as high as possiblebetween each jump. Do not pause in-between jumps, you will lose the effect of the exercise. Repetitions, until your muscles ache. Rest 40 to 60 seconds and repeat.

(**variation**) - start from a box or bench. Land and rebound into the air as high as possible. Do one repetition, then return to bench. Do this until muscles ache. After a period of time, increase the height that you are jumping from. Work up to three feet. (under 14 yrs of age stick to standing version. From the floor

SQUATS: - Full squats are not recommended. the following exercises should be done with half squats.

SINGLE LEG SQUAT - lift one leg straight out in front , and do a half squat. Repetitions - three squats with each leg rest 30 seconds and repeat. Work up to 6 squats.

SPEED SQUAT - Do as many half squats as possible in 10 seconds. rest 30 seconds and repeat 6 times. Keep trying to increase speed.

SQUAT HOLD - Do a half squat, hold for five seconds, return to starting position, rest 10 seconds and repeat. Do 6 sets of 2 repetitions with 15 to 20 seconds rest between sets. Build to 6 sets, 4 reps.

SQUAT JUMP - Stand erect with right foot advanced about 12 inches. Do a half squat, then jump as high in the air as possible, reversing feet so that you land with left foot advanced. Continue as fast as possible for 15 seconds. Rest 15 seconds, repeat four times. Build to 6 sets, for 15 seconds per set. (land on toes, but allow heels to touch ground. Do not stay up on toes.

CUSHION SQUEEZE SQUAT - Stand with feet about one foot apart, holding a small firm cushion between your knees. Do half squats, pressing your knees as hard as possible against the cushion. Do 6 sets of 2 repetitions with 15 to 20 seconds rest between reps. Build to 6 sets, 4 repetitions. (all squats can be done with light weights held in hands or across the shoulders.. The following foot variations should be used; Flat- footed, on toes (except jumps) toes out, toes in.

SEATED KNEE PRESS - sit on chair with your feet close together and flat on the floor. Place your fist between the knees, thumb to thumb. Squeeze your knees hard as possible, hold for 5 to 7 seconds, relax 5 seconds, and repeat 5 times. Make a maximum effort each time. (variation) - place a cushion between your ankles, squeeze as hard as possible with knees and legs.

HILL/STAIR RUNNING - Run short, hard intervals up steep hills or stadium stairs. Empathize high knee lift and hard drive off rear foot. longer, slower runs will condition the heart and lungs, but will not be an effective strength drill.

Exercises taken from Sport Talk. These are simple leg strengthening exercises. You can do them while you watch TV.

FLUIDS

To replace fluid losses from perspiration. In a 2-hour exercise period, you should consume 2 Liters of fluid 67.8 oz.

Adequate supply of water is very necessary:

1. All energy production in body
2. Temperature control
3. Expedition and elimination of the by products of cell metabolism

Energy and Endurance : Very much influenced by proper amounts of water in the body.

Game

About 20-30 minutes before a game you should drink about 50 - 60cc = 3-6oz

During first period drink about 120cc = 5-6oz

At first intermission 150cc = 6-8oz

During second period 200cc - 300cc = 8-10oz

At second intermission 200cc - 300cc. = 8-10oz

During third period 400cc = 12-14oz

After game: plenty of fluid, citrus fruits and bananas.

*Very
Important*



HOW 8 GLASSES A DAY KEEP FAT AWAY

Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off. Although most of us take it for granted, water may be the only true "magic potion" for permanent weight loss.

6 Water suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.

Here's why: The kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped onto the liver.

One of the liver's primary functions is to metabolize stored fat into usable energy for the body. But, if the liver has to do some of the kidney's work, it can't operate at full throttle. As a result, it metabolizes less fat, more fat remains stored in the body, and weight loss stops.

6 Drinking enough water is the best treatment for fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored in extracellular spaces (outside the cells). This shows up as swollen feet, legs and hands.

Diuretics offer a temporary solution at best. They force out stored water along with some essential nutrients. Again, the body perceives a threat and will replace the lost water at the first opportunity. Thus, the

condition quickly returns.

The best way to overcome the problem of water retention is to give your body what it needs—plenty of water. Only then will stored water be released.

If you have a constant problem with water retention, excess salt may be to blame. Your body will tolerate sodium only in a certain concentration. The more salt you eat, the more water your system retains to dilute it.

But getting rid of unneeded salt is easy—just drink more water. As it's forced through the kidneys, it takes away excess sodium.

6 The overweight person needs more water than the thin one. Larger people have larger metabolic loads. Since we know that water is the key to fat metabolism, it follows that the overweight person needs more water.

6 Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It also helps to prevent the sagging skin that usually follows weight loss—shrinking cells are buoyed by water, which plumps the skin and leaves it clear, healthy and resilient.

6 Water helps rid the body of waste. During weight loss, the body has a lot more waste

to get rid of—all that metabolized fat must be shed. Again, adequate water helps flush out the waste.

A Water can help relieve constipation. When the body gets too little water, it siphons what it needs from internal sources. The colon is one primary source. Result? Constipation. But, when a person drinks enough water, normal bowel function usually returns.

So far, we've discovered some remarkable truths about water and weight loss:

- The body will not function properly without enough water and can't metabolize stored fat efficiently.
- Retained water shows up as excess weight.
- To get rid of excess water you must drink more water.
- Drinking water is essential to weight loss.

How much water is enough? On the average, a person should drink eight 8-ounce glasses every day. That's about 2 quarts. However, the overweight person needs one additional glass for every 25 pounds of excess weight. The amount you drink also should be increased if you exercise briskly or if the weather is hot and dry.

Water should preferably be cold—it's absorbed into the system more quickly

than warm water. And some evidence suggests that drinking cold water can actually help burn calories.

To utilize water most efficiently during weight loss, follow this schedule:

Morning: 1 quart consumed over a 30-minute period.

Noon: 1 quart consumed over a 30-minute period.

Evening: 1 quart consumed between five and six o'clock.

When the body gets the water it needs to function optimally, its fluids are perfectly balanced. When this happens, you have reached the "breakthrough point." What does this mean?

- Endocrine-gland function improves.
- Fluid retention is alleviated as stored water is lost.
- More fat is used as fuel because the liver is free to metabolize stored fat.
- Natural thirst returns.
- There is a loss of hunger almost overnight.

If you stop drinking enough water, your body fluids will be thrown out of balance again, and you may experience fluid retention, unexplained weight gain and loss of thirst. To remedy the situation you'll have to go back and force another "breakthrough."

BY DONALDS. ROBERTSON. M.D. M.SC.

HOW MUCH WATER YOU NEED? IT DEPENDS ON YOUR SIZE, AGE, ACTIVITY LEVEL, AND CLIMATE. A GOOD RULE OF THUMB IS TO DRINK AT LEAST 8 GLASSES OF WATER A DAY.

Stretches for Hockey

A proper warm-up is one of the most important components of a safe, healthy hockey career.

A Good Warm-up

- permits peak performance for the game or practice
- helps prevent injuries
- should take 10-15 minutes
- should include the 2 vital components listed below

1. General Body Warm-up

Your body is like a car, it works best when it is warm, then the blood is easily pumped through the heart, lungs, and muscle.

The best way to warm up is to begin leisurely skating around the whole rink (practice) or half the ice surface (game). The skating should be done in both a clockwise and counterclockwise direction. Turning or pivoting in both directions and skating backward should also be included in a good warm-up.

2. Stretching

After the body is warmed up, do stretches 1 through 5 on the following pages while skating or gliding. Then gather around in a circle and do stretches 6 through 11 while sitting on the ice surface. Always do the stretches slowly and hold for the recommended amount of time. **Do Not Bounce.**

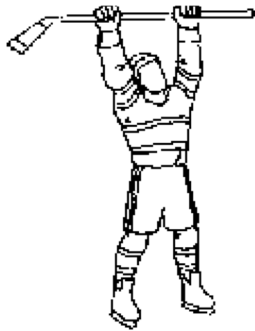
Following the stretch a brisk skate should be done.

Stretches While Standing



1. Groin Stretch

While gliding, with your head and back erect, slide your (L) leg backward pointing your skate away from your body. Bend your (R) knee while your (L) leg stays straight. You should feel a stretch in the groin of the (L) thigh as you glide forward. Hold for 15 seconds. Repeat with the other leg.



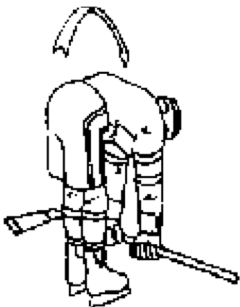
2. Arm, Shoulder, and Upper Body Stretch

While skating and holding onto your stick, push arms up and slightly back, palms facing up. You should feel a stretch in the arms, shoulder, and upper back. Hold stretch for 15 seconds.



3. Lateral Trunk Stretch

While skating, coast with your feet apart and hold your stick with both hands. Raise your stick above your head. Gently tilt your trunk to the right. A gentle stretch should be felt on your (L) side. Hold for 10 seconds. Repeat the stretch to the other side.



4. Lower Body, and Hip Stretch

While skating, coast with feet shoulder width apart. Slowly bend forward at the hips. Keep knees slightly bent during the stretch so the low back is not stressed. Let neck and arms relax. Bend to the point where you feel a stretch in the back of the legs. Hold for 15 seconds.



5. Upper Arm

While gliding, hold stick behind your back. Raise the stick up your back with straight arms. Feel the stretch in the front of your upper arm. Hold for 15 seconds. Go slowly and feel the stretch.

Stretches On The Ice

Be sure you have sufficient space to stretch.



6. Quadriceps Stretch

Sit with your (R) leg bent. Bend the (L) leg until the sole of your (L) foot is next to the (R) leg. Now slowly lean back until you feel an easy stretch in the front of the (R) thigh. Use your hands for balance and support. Hold for 15 seconds. Repeat on the other side.



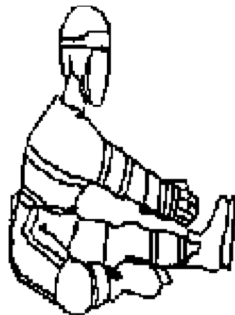
7. Groin, and Low Back Stretch

Lie on front (stomach), spread legs like a frog, and push your chest off the ice with your arms. Hold for 15 seconds. Feel the stretch in the front and inside of thighs.



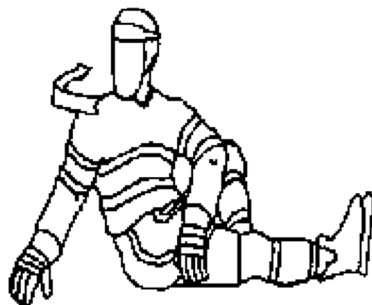
8. Low Back, Hips, and Hamstrings

Sit with feet a comfortable distance apart. To stretch the inside of your upper legs and hips, slowly lean forward from the hips. Keep your hands in front of you for balance and your back straight. Hold for 15 seconds.



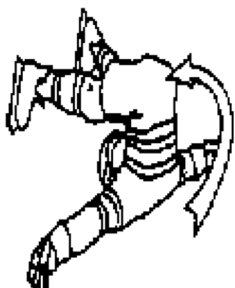
9. Hamstring Stretch

Sit with (L) leg straight and (R) knee bent. Reach forward with both hands to touch the skate of the straight leg. Hold for 15 seconds. Feel the stretch at the back of the (L) thigh. Try not to bend the (L) knee. Alternate legs.



10. Spinal Twist

Good for your upper back, lower back, side of hips and rib cage. Sit with (L) leg straight, bend (R) leg, cross (R) leg over (L) leg. Using (L) elbow push against (R) knee. Rotate your upper body to (R) pushing with the (L) hand and arm. Do the exercise slowly and carefully. Hold for 15 seconds. Repeat on the other side.



11. Neck and Back Stretch

Lie on your back. Slowly raise your legs and feet over your head keeping your arms straight out to your side for support. Roll down slowly. Do not rush this exercise. Important: If you have a neck or back problem do not do this stretch. Hold for 10 seconds.

The Qualities of a Great Player

1. He has a burning desire to WIN! And the scoreboard of an individual contest does not determine a “winner”.
2. He is in school first and foremost to gain an education. As a result, he never cuts corners. He prepares his work accurately, and he is always on time. He has self-discipline and organized study habits. He regularly goes to bed early. He has the courage to push himself to the limit of his scholastic abilities.
3. He prepares himself mentally, emotionally, and physically and is in top condition the year round.
4. He is a team player and glorious in a team victory.
5. He is bitterly disappointed by defeat, but he reacts to defeat by a more determined effort and commitment, not by an immature display of temper or by an unsportsmanlike series of excuses. He knows excuses are for losers.
6. He learns his assignments and responsibilities thoroughly
7. In a game, HE DOMINATES HIS OPPONENT. The great player is more relentless, better conditioned, and more confident, retains greater poise and takes better advantage of the breaks than the man against whom he is playing.
8. He never quits, never admits defeat, and plays every play as if it is the crucial one of the game.
9. He works on his weakness and improves his strengths. He is not embarrassed or afraid to identify and admit to his limitations and shortcomings.
10. He is intent to come off the field every day a better player than he was when he went on the field. He knows he either gets better or worse every day and that there is no choice if he wants success.
11. He makes sacrifices involving social activity and adherence to training regulations. He knows full well that self-denial is essential and often lonely.
12. He continually strives for a better position on the team.
13. He hustles all the time.
14. He is a leader who knows how and when to follow. He leads as much as he follows.
15. HE HAS A BURNING DESIRE TO WIN!!

ARE YOU A GREAT PLAYER?

WHAT IS CLASS

Class never runs scared.

It is sure-footed and confident in the knowledge that
you can meet life head on and handle whatever comes along.

Jacob had it. Esau didn't.

Symbolically, we can look to Jacob's wrestling match with the angel.
Those who have class have wrestled with their own personal 'angel'
and won a victory that marks them thereafter.

Class never makes excuses.

It takes its lumps and learns from past mistakes.

Class is considerate of others.

It knows that good manners are nothing more than
a series of petty sacrifices.

Class bespeaks an aristocracy that
has nothing to do with ancestors or money.

The most affluent blue blood can be totally without class
while the descendant of a Welch miner may ooze class from every pore.

Class never tries to build itself up by tearing others down.

Class is ALREADY up and need not strive to look better
by making others look worse.

Class can "walk with king's and keep its virtue and
talk with crowds and keep the common touch."

Everyone is comfortable with the person who has class
because he is comfortable with himself.

If you have class you don't need much of anything else.

If you don't have it, no matter what else you have
It doesn't make much difference.

"HUSTLE"

Almost from the moment a boy laces his first pair of skates someone is urging him to hustle. His father, his brother, his teammates, his coaches, his fans and even his mother tell him to hustle. He soon discovers that hustle is an attitude. It can be described in many ways. In a phrase, it is "being there first". It is maximum effort joyfully expressed.

Hustle is a driving, vigorous desire to succeed and that motivation is visible. It is skating like a man on fire and enjoying every eye watering, second of it.

Hustle wears many faces. Whoops, hollers, scowls and laughter are all aspects of the devil that motivates hustle. But determination is at the bottom of it all.

Hustle is also concentration, singleness of purpose.

Hustle eliminates pain and enhances courage. You give a little more than you, or the coach or your opponent thought you had.

It is stops and starts until your lungs jam your rib cage and your breath turns to steam.

Hustle is changing, shifts on the fly, and heading right for the goal. Hustle is not talk; it is action.

Hustle is doing, one thing while thinking, about the next move and the one after that. It is knowing where your teammates will be and sending the puck to him right on the money.

"When you hustle, you'll know it"

Girls wink at you, players respect you, coaches use you as an example and kids wait for your smile after the game. You'll feel your team mates sweaty gloves on the back of your neck and you'll see the crowd jumping in the air. The, lights on the scoreboard change and there is a feeling inside that is all your own.

You see, hustle is not just a word. It's character, personality and habit all rolled into a way of life. It's the thing that makes hockey worth every fleeting minute of the effort.

SUCCESS

***SUCCESS IS THE PEACE OF MIND
WHICH IS A DIRECT RESULT OF SELF-
SATISFACTION IN KNOWING YOU DID
THE VERY BEST THAT YOU ARE
CAPABLE OF DOING***

Don't Quit

When- things go wrong,
As they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit
Rest if you must, but don't you quit.

Life is funny with its twists and turns,
As every one of us sometimes learns,
And many a fellow turns about
When he might have won had he stuck it out.
Don't give up though the pace seems slow
You may succeed with another blow.

Often the goal is nearer than
It seems to a faint and faltering man;
Often the struggler has given up
When he might have captured the victor's cup;
And he learned too late when the night came down
How close he was to the golden crown.

Success is failure turned inside out
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit
It's when things seem worst that you mustn't quit.

DARE TO BE GREAT

It is not the critic who counts, nor the man who points out how the strong man stumbled or where the doer of deeds could have done them better. The credit belongs to the man who is actually, in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who, at the best, knows the triumph of high achievement; and who, at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat.

President Theodore Roosevelt

SECTION 3

FUNDRAISING

FUNDRAISING

This section contains sample newspaper articles of past Junior Bruins players from years past, it can help you with your local newspaper. We will be having photos taken at one of our practices. This will include group shots of players from a program to submit to local print media.

It also contains sample letters to past player and business to help to give you an idea on how to get started with you fundraising.

GOOD LUCK



GREATER BOSTON JUNIOR BRUINS

We Need To Raise \$65,000! Junior Bruin Fundraising 101

Each player needs to raise \$3,500!

Don't panic! The trick is to get started as soon as possible and take one step at a time. Read through the fundraising section of your binder to get some ideas and compose your letters. You will need three different letters; friends & family, past players and businesses (general). Always try to have a contact name but if not; use Dear friend, Dear manager etc.

Past players: Yellow list in your book. This year, we will be doing the past players together, so we are sure they will go out quickly. We will have another meeting where the boys will bring their letters, return addressed envelope with stamp. The meeting will tentatively be in September before a practice at 7:00pm. Players should bring their letters and envelopes to Carol at the snack bar.

Family & Friends: Send letters to family and friends. Use your own envelopes with your return address.

Businesses: Send to as many businesses that you can. Always try to have a contact name.

Canning: Place cans at local variety stores etc. If you choose to go canning, please always have an adult accompany the player(s). Also, ask permission of the business if canning is in front of their store. You may take your team jersey home with you to go canning. Wear your shirt, make sure it is clean.

Note to player: Always be polite and always say Thank You. You are representing the the Junior Bruins and your team at all times. Wear your jersey with pride.

Publicity: Place an article in your local paper(s) about your son making the team and their upcoming trip to Quebec (samples on-line). If there is more than one player from a town - do it as a group.

When you've done all this - you wait. Sometimes the donations come in slow but don't get discouraged. Past players have always done great! The team will do great too but you really need to work. Your hard work will pay off.

All monies (cash, checks, coin) should be turned in to Coach Cashman or Mrs. Cashman as soon as you receive them. A record of each player's donations will be kept. Always make sure that you put your name and/or # on the check; name and/or # on the envelope if it is cash; or name and/or # on the coin can (you do not need to open the can and count - this will be done for you), so you will receive the proper credit.

Whenever you need more supplies, please ask.

Thank You's: Please keep a list of all donations you receive, and the Player should hand write a Thank You to each contributor.

Good luck! It's a lot of hard work but the Quebec trip will be one of the best experiences of your life. Mom and Dad will have a great time too! If you have questions, please call, do not hesitate.



GREATER BOSTON JUNIOR BRUINS

Dear Mr.

My name is _____ and I have just been chosen to be a Boston Junior Bruin. I am happy that I am now a part of a great hockey tradition. Playing hockey gives me the greatest feeling in the world and to be allowed to wear your number # _____ proudly in the 66th Quebec International Pee Wee Tournament, Quebec, Canada in February 2026, will be a great honor.

As you know from your own Junior Bruin experience, it is a lot of hard work off the ice to try and raise the funds necessary to support our team for this tournament. It would be very helpful if you would contribute by giving the team a donation. Your donation, large or small, would help us reach our goal that much faster. Checks should be made payable to the Greater Boston Junior Bruins and sent back to me in the enclosed envelope so that I may submit it and get credit for raising the contribution. If you prefer to make your donation on line, please go to our website www.bostonjuniorbruins.org under the Quebec tab. You can still direct your donation to me by entering my name and number.

Please help me make my Quebec trip be as memorable as I am sure yours was.

Tax #46-3797257

Thank you

Boston Jr. Bruin

Past Player



GREATER BOSTON JUNIOR BRUINS

Dear

My name is . I have been fortunate enough to have been chosen for the 2025-2026 Boston Junior Bruins Peewee Major team. I am very proud to inform you that I will be wearing your number and trying to carry on this great tradition.

As you know from your past experience, it takes more than just luck to be a member of this team. It takes a lot of hard work. This year the team will be competing in the 66th Tournoi International De Hockey Pee-Wee De Quebec Tournament in Quebec. I trust that the memory of one of these great events is still fresh in your mind and can only hope that the same is in store for me.

(Past Players Name), I hope that my dream can come true for me as it did for you by asking that you help support this year's team. Your contribution, whether large or small, will help bring us closer to our goal. If you are able to help, please make your tax deductible donation to the Greater Boston Junior Bruins, and send it to me so I may get credit for your contribution. If you prefer to make your donation on line please go to our website www.bostonjuniorbruins.org under the Quebec tab. You can still direct your donation to me by entering my name and number.

Tax # 46-3797257

I thank you in advance.

Boston Jr. Bruin #

Past Player



GREATER BOSTON JUNIOR BRUINS

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As you know from your own Junior Bruin experience, it is a lot of hard work off the ice to try and raise the funds necessary to support our team for this tournament. It would be very helpful if you would contribute by giving the team a donation. Your donation, large or small, would help us reach our goal that much faster. Checks should be made payable to the Greater Boston Junior Bruins and sent back to me in the enclosed envelope so that I may submit it and get credit for raising the contribution. If you prefer to make your donation on line, please go to our website www.bostonjuniorbruins.org under the Quebec tab. You can still direct your donation to me by entering my name and number.

Please help me make my Quebec trip be as memorable as I am sure yours was.

Tax #46-3797257

Thank you

Boston Jr. Bruin

Past Player



GREATER BOSTON JUNIOR BRUINS

Dear

My name is I have been selected along with nineteen other players from the Greater Boston area to represent the Greater Boston Junior Bruins in the 66th Annual Peewee International Hockey Tournament in Quebec City. We will be going to Quebec, Canada to play hockey for ten days in February.

The team will be competing for the International Cup with teams from many other nations. Over 200,000 people will see these games which will be televised throughout Canada. In order to go, we must raise over \$65,000. This is quite a job for 16 players. It would be very helpful if you would contribute by giving the team a donation. Your support will be greatly appreciated.

Please make checks payable to the Greater Boston Junior Bruins and send it to me so that I may submit it and get credit for raising the contribution. If you prefer to make your donation on line please go to our website www.bostonjuniorbruins.org under the Quebec tab. You can still direct your donation to me by entering my name and number. All donations large or small bring us closer to our goal. We are a non-profit organization and your donation is tax deductible.

Tax Number #46-3797257

Thank you.

Your Name

Your address

Your City, State and Zip

Friends / Business



GREATER BOSTON JUNIOR BRUINS

Dear

Thank you for your recent contribution. Your continued support is very much appreciated and will not be forgotten.

Warmest regards

Sincerely yours,

“Boston Junior Bruins”

Thank You



GREATER BOSTON JUNIOR BRUINS

Dear

Thank You! Thank You! Thank You! I wish to take this time to thank you for your contribution to the team. With your greatly appreciated support we are coming closer to our goal. I wish the best for you and your family during the forthcoming holidays.

Thank you

“Boston Junior Bruins”

Thank You

Quincy kids head for Canada

Two Quincy youths will be heading to Canada to participate in one of the biggest tournaments in Pee Wee hockey.

Brendan Glynn and Colin Kulig, both of the Quincy Youth Hockey Association, are among a group of the top 20 Pee Wee Major players from the Greater Boston League. They will compete as members of the Boston Junior Bruins Pee Wee All-Stars at the Quebec International Pee Wee Hockey Tournament Feb. 9-19 at the Colisee Pepsi in Quebec City.

The Junior Bruins are composed of players from 17 towns in the Greater Boston area who made the final cut. They will play teams from the U.S., Canada and Europe during the tournament.

Now in its 47th year, the tournament is expected to draw more than 200,000 spectators during its 10 days. It will be aired on Canadian national television. The event has seen many past and present stars from the National Hockey League such as Wayne Gretzky, Mario Lemieux and Eric Lindros.

Local <Town Team> Youths Earn Spots on the Greater Boston Junior Bruins -All Star Team

A pair of local youth hockey players will travel to Quebec, Canada as members of the Greater Boston Junior Bruins Pee Wee All - Stars.

<name> and <name2> of the <town> Youth Hockey Program are among the top 18 Pee Wee Major players from the Greater Boston Area who will compete in February in the Quebec International Pee Wee Youth Hockey Tournament.

<name> is the son of <parents> ,while <name2> is the son of <parents2>. <name> is a defenceman , while <name2> plays Goal.

The team is composed of players from Belmont, ,Brookline, Medford, Watham, Watertown, Wellesley, West Roxbury, Westwood and were selected for the team during the final tryouts in April.

The Boston Junior Bruins team will play teams from the United States, Canada and Europe during the 10 - day tournament, which is expected to attract over 200,000 spectators to the Quebec Videotron Center. The Games will be televised on national television throughout Canada.

The purpose of the tournament is to provide the players with competitive hockey and a cultural exchange. The Tournament plays a major role in the cultural exchange, affording the players an opportunity to make new friends and to gain insight into Canadian - American lifestyles and values.

The players will be staying with French-Canadian families during their visit to Quebec City and are expected to be exposed to many facets of Canadian heritage, including the French language.

The trip is very expensive with the Boston team alone needing to raise \$45,000 for the trip. To achieve the team goal, the two <town> players will be soliciting contributions from local merchants and residents, as well as selling chances for a January raffle.

Small and large contributions will greatly be accepted by the players . Please make your Non Profit Tax deductible contribution, made payable to the Boston Junior Bruins and given to either <name> or <name2> , or by mail contributions to : Boston Junior Bruins c/o Michael Cashman P.O. Box 320186 Boston, Ma. 02132

Newspaper

The Townsman, Wellesley, Mass., Tuesday , March 25, 1965

Wellesley Boy Plays Hockey In Greater Boston Pee Wee Lineup

The Greater Boston Pee Wees, who have recently returned from a successful road trip to Quebec City, will play the second round of the "John F. Kennedy Memorial" Series on Saturday, March 27, at 8:00 p.m. at the Harvard Watson Rink. The Boston team will host the Ste. Foy, PeeWees from Quebec for the weekend. Both teams will be the guests of the Boston Bruins on Sunday night at the Chicago Black Hawks-Bruins Game at the Boston Garden. In live starts at the International Pee Wee Hockey Tournament in Quebec. Boston was victorious in four of the matches. Boston shut-out Ste. Foy 4-0 before some 19,500 fans in the first round of the series in Canada. Boston also defeated Verdun 5-2 in the first round of the tournament before they were overcome by Toronto Faubourg 7-1. Boston Pee Wees defeated the Detroit Pee Wees 3-2 in overtime to determine which of the two teams would represent the United States in the United States-Canada Cup Series. During the Cup playoff the baby bruins shut-out Sherbrook 3-0 to capture the United States-Canada Cup for the third time in six years. One of the highlights of the coming Boston-Ste. Foy game will be the appearance of the son of Boom Boom Geffron. Boom Boom is presently the coach of the Quebec Aces.

BOSTON LINEUP

- 1 Bruce Gledhill, Needham
 - 2 Gary Towne, Natick
 - 3 Kenny Cardillo, Wakefield
 - 4 Richie Smith, Natick
 - 5 Chip Boynton, North Easton
 - 6 Chris Hurley, Wellesley
 - 7 Teddy Thomdlke, Chestnut Hill
 - 8 John Lindners, Hingham
 - 9 Teddy MacAusland, Dedham
 - 10 Mark Noonan, Arlington
 - 11 Danny Horton, Natick
 - 12 Levy Byrd, Chestnut Hill
 - 13 Joe Keville, Newton
 - 14 Marty Shea, Needham
 - 15 Jimmy Morris, Natick
 - 16 Steve Dagdigan, Needham
- Harold Lambert, Needham, Coach
Bob King, Brockton, Coach



By Kevin Devin

They are all thirteen years of age and in the seventh grade. One attends Saint Peter's School, another attends Roxbury Latin in West Roxbury, and our third amigo is a student at Catholic Memorial High School, also located in West Roxbury.

They have all played locally in Little League Baseball and Pop Warner Football. They have all played in the South Boston Youth Hockey League since they were mighty mites.

They now play on the PeeWee "A" squad. In addition, during the last four seasons, they have also played on the Junior Bruins Select hockey team. And recently, they have been chosen to represent the Boston Junior Bruins and the Greater Boston Youth Hockey League in the annual PeeWee International Hockey

Three amigos heading to Quebec



Three anxious, amazing amigos anticipating their trip to Quebec, Canada, in February, 2002

Tournament to be held in round, black objective reference Quebec, Canada, in February of 2002.

Our amazing amigos in the Komer this week are Dennis Linehan, Robert "Robbie" Pacitti, and Wayne Shepherd.

Dennis "The Husler" Linehan

Fabulous forward Dennis "The Hustler" Linehan is a student at Saint Peter's School. Dennis is a gritty type of player that every coach wants on his team. He gives an "all-out effort" every time he laces up, listens to his coach, and is always willing to learn. He's a true hustler who digs in the corners every chance he gets to gain control of that elusive,

to as the puck. The Hustler's persistence to excel is without equal in this town.

Wayne "The Sniper" Shepherd

Sensational Center Wayne "The Sniper" Shepherd spends his academic hours at Roxbury Latin; The Sniper is an awesome offensive threat, and is a veritable scoring machine. He attacks the net like a sniper attacks his prey, that is, without mercy. He can sneak that puck past the enemy net minder with incredible savvy and sophistication. The Bullet's ability to score and how he does it, by picking apart the corners, is

just an incredible endeavor to watch and admire.

Robbie "The Bullet" Pacitti

Daring defenseman Robbie Pacitti, aka "The Bullet" attends Catholic Memorial. Along with the other two amigos, the Bullet is an accomplished ice warrior who always comes to play, and is willing to play hard for the team. Robbie has a ferocious slap shot, hence the nickname. He also has tremendous hockey sense and

knows how to get the job done. His determination to win and achieve success is evident. Every time he enters any ice arena.

Quest to Quebec

In February, 2002, our three amigos will be traveling to Quebec, Canada, to compete for the American Cup. Over

200,000 people will vie for these international PeeWee championship games on Canadian television. The team has to raise \$20,000 to cover costs of this ten-day trip, and our three amigos are humbly eager for your assistance.

So, if you want to help please contact South Boston Online, or call the Linehan's Pacitti's or the Shepherd's households. It's for three great amigos and it will be a rewarding adventure for everyone involved in the quest for American Cup. And, it will be an experience in their lives they can cherish forever. Someday they'll tell their grandchildren about their legendary achievements north of the border.

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Zip

02127



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Tuesday, November 2, 2010

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Heading to Quebec

By Kevin Devlin

The gifted Coughlin twins, Logan and Liam, have been selected to play in the Quebec International Hockey Tournament next February, and could use a little help from their neighbors and friends to make this trip a reality

They are twelve years old, attend the Perry Elementary School in South Boston and are in the sixth grade.

They are doing well in school and are working hard all the time to realize good grades.

They basically play the same sports, football, hockey, and baseball, and to make it easy for mom and dad for scheduling purposes, are on the same Little League, Pop Warner, and hockey teams.

They played Pop Warner Football in Southie for three seasons but took the past season off to concentrate on school work and hockey, but hope to play again next fall.

They play in the South Boston Little League and last summer, their squad, the South Boston Chippewas, captured the 2006 Little League World Series title.

They began playing hockey in the South Boston Youth Hockey League, and their teams, under the coaching leadership of their dad, Kevin, won two Mite and two Squirt Mayor's Cup Hockey Tournament Championships at Boston College's Conte Forum.

They are now playing on the Boston Junior Bruins PeeWee Hockey team and compete throughout New England in the Greater Boston Youth Hockey League.

Next February, they hope to compete in the Quebec International



Logan and Liam Coughlin are all pumped up in anticipation of their planned trip to Quebec, Canada, in February of 2007, to play in the highly-touted Quebec International Hockey Tournament

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Hockey Tournament. The trip also includes fun outside of the rink, where they will go tubing, dog sledding, and go on cultural trips to the local churches and museums. But, the trip is expensive and they could use some help making their dream come true.

In the true tradition of the Coughlin Clan, they're gifted athletes, Liam and Logan Coughlin.

Liam Coughlin

Outside of school, Liam enjoys playing street hockey and video games, watching television and doing his homework. His favorite actor is Adam Sandler, and his favorite professional athletes are Alexander Ovechkin who plays for the Washington Capitals and Sydney Crosby who skates for the Pittsburgh Penguins.

Liam's favorite moment thus far in hockey is when he scored six goals against Dorchester in the 2006 Mayor's Cup Hockey Finals held at Boston College. In baseball, Liam was the "MVP" of the Little League playoffs. He was the leadoff hitter and had the best average on the team. He also had a perfect hitting game in the playoffs, going four for four, and as his mom Heather stated, he stole a lot of bases.

Logan Coughlin

Logan knows that he's the wiser of the two, since he is 26 minutes older than his brother. Logan also keeps busy outside of the classroom, playing sports, video games, and watching television (yes, twins do the same things).

Logan also exercises all the time. He does push-ups, sit-ups, and ups and downs which is an exercise explicitly helpful for hockey goalies. His favorite movie star is Mark Wahlberg and his favorite athletes are New Jersey Devils goalie Martin Brodeur and Red Sox Superstar, David "Big Papi" Ortiz.

Logan is a solid goalie with a 2.53 goals against average per game. Logan will always remember having the winning put-out in the final game against the Fire Fighters in the Little League championships, as well as the winning catch in a Williamsport game against East Boston.

So far the twins are on the right track, and their mom and dad are proud of them.

"They are good kids," said Heather. "They are doing well and working hard in school and keep out of trouble. We are very proud of them."

(Writer's Note: This upcoming February, the Coughlin twins hope to embark on a trip up north to participate in the highly-touted Quebec International Hockey Tournament. Talented and dedicated hockey players from North America and Europe participate in this event. It is a ten-day trip that also includes many activities outside of the rink. And, the twins could use your help. Any donations would be greater

appreciated and could be sent to Liam and Logan Coughlin, 107 "F" Street, South Boston, Ma. 02127. Please make checks payable to: Boston Junior Bruins PeeWee Team)

 **Top of Page**

Local youth a mini Bruin

BY JEFF ADAIR
TOWN CRIER STAFF

WESTON - Justin Walker, a

13-year-old Weston youth. Was one of 18 boys from eastern Massachusetts chosen for the Boston, Mini-Bruins all-star team,

In February the team will travel to Quebec to compete for the American Cup against, teams from the U.S., Canada and other nations.

In order to go the team must raise \$20,000 to pay for the many expenses involved. Each boy is responsible for soliciting donations from area businesses and individuals. They'll also be selling raffle tickets.

The trip's purpose is to provide good competitive hockey and a cultural exchange. The boys will be staying with French Canadian families. In addition the boys will play other teams locally. Recently they hosted and twice beat a team from the Soviet Union.

Justin talked about the thoughts which crossed his mind during the tryouts. "I was a little nervous nervous. I wasn't quite sure I was going to make it. I was pretty when I made it." Justin's mom, Marsha said around 65 boys tried out for the

team,

Justin's interest in hockey began when he was 8 years old. Marsha said, "He started out taking figure skating classes but he didn't like the spins."

Playing in the Wellesley hockey

SEE PAGE 57



JUSTIN WALKER a mini-Bruin is in front of the net ready for any incoming shot.

DECEMBER 14, 1989 • WAYLAND/WESTON TOWN CRIER • PAGE 57

Bruin

CONTINUED FROM PAGE 55

league he started out playing forward. One day he decided to try out for the goalies. He decided to play goalie. Justin volunteered "because I get to stay on the ice the whole time."

Justin is in the seventh grade at Weston Middle School. His other interests are baseball, model rockets, airplanes and Nintendo.

Checks for contributions should be made out to the Greater Boston Pee Wee Selects and mailed to Justin Walker, 254 Conant Rd., Weston, MA 02193

West Roxbury Boys Earn Spots on the Boston Junior Bruins Pee Wee Major All Star Team

Three West Roxbury boys are on Greater Boston area team headed to play in Quebec tournament.
By [David Ertischek](#) October 12, 2011

A trio of West Roxbury youth hockey players are headed to Quebec as members of the [Boston Junior Bruins](#) Pee Wee Major Team to compete in an international tournament.

Joe McAdams, Jake Moynihan and Joey O'Leary are among 19 pee wee major players from [Hockey Northeast](#), who will compete in the Quebec International Pee Wee Youth Hockey Tournament and BSR tournament in February.



The team is made up of players from Allston-Brighton, Arlington, Cambridge, Dedham, Dorchester, Hyde Park, Natick, Needham, Parkway, South Boston, Wellesley and Weston.

The Boston Junior Bruins teams will play teams from the US, Canada and Europe during the 10-day tournament. The games will be televised on national television throughout Canada.

The players will face multiple challenges with competitive hockey and a cultural exchange experience. Tournament organizers stress the cultural exchange, which provides the players an opportunity to make new friends.

The Junior Bruins' players will be staying with French-Canadian families during their visit to Quebec City and will be exposed to many facets of Canadian heritage, including the French language.

The trip is very expensive, with the team needing to raise \$45,000 for the trip. To achieve the \$45,000 goal, the three West Roxbury boys will be soliciting contributions from local merchants and residents.

Also an adult costume party "Halloween Black & Yellow Jr. Bruins Bash" will be held on Friday, October 28 at the [Sprinkler Fitter Local Hall](#), 46 Rockland Street, West Roxbury. Tickets are available by contacting the McAdams, Moynihan & O'Leary families.

Small and large contributions will be greatly accepted by the players. Please make your Non-Profit Tax Deductible contribution, made payable to the Greater Boston Pee Wee All Star Junior Bruins and given to the McAdams, Moynihan, or O'Leary families or c/o Michael Cashman, 28 Sanderson Place, Brighton, MA 02135.

Charlestown Patriot-Bridge

Local Charlestown Boys Earn Spots on the Greater Boston Junior Bruins Pee Wee Major Team

September 29, 2011By

Nolan Doherty and Cam Delvalle

A Pair of local youth hockey players will travel to Quebec, Canada as members of the Greater Boston Junior Bruins Pee Wee All – Stars.

Nolan Doherty and Cam DelValle who both played for the Charlestown Youth Hockey program are among the top 19 Pee Wee Major players from the Greater Boston League who will compete February in the Quebec International Pee Wee Youth Hockey Tournament and BSR tournament.



Nolan Doherty who plays center is the son of Joe & Kathy Doherty while Cam DelValle who plays left wing is the son of Marc & Gina DelValle.

The team is composed of players from Allston-Brighton, Arlington, Cambridge, Dedham, Dorchester, Hyde Park, Natick, Needham, Parkway, South Boston, Wellesley and Weston.

The Boston Junior Bruins team will play teams from the United States, Canada and Europe during the 10 – day tournament, which is expected to attract over 200,000 spectators to the Quebec Colisee. The Games will be televised on national television throughout Canada.

The purpose of the tournament is to provide the players with competitive hockey and a cultural exchange experience. The Tournament plays a major role in the cultural exchange, affording the players an opportunity to make new friends and to gain insight into Canadian – American lifestyles and values.

The players will be staying with French-Canadian families during their visit to Quebec City and will be exposed to many facets of Canadian heritage, including the French language.

The trip is very expensive, with the Boston team alone needing to raise \$45,000 for the trip. To achieve the \$45,000 goal, Nolan and Cam will be soliciting contributions from local merchants and residents, as well as selling chances for a February raffle.

Small and large contributions will be greatly accepted by the players. Please make your Non Profit Tax Deductible contribution, made payable to the Boston Junior Bruins and given to either the Doherty (13 Cook St) or the Delvalle (66 Ferrin St.) families or c/o Mike Cashman, 28 Sanderson Place, Brighton, MA 02135.

caught in southie

SOUTH BOSTON'S NEIGHBORHOOD MAGAZINE

T-Bone's



A local Southie hockey player has been chosen for the Greater Boston Pee Wee All Stars Junior Bruins. Thomas Casper will be heading north in February to compete in the Quebec International Pee-Wee Hockey Tournament. Currently there are 97 players in the NHL that have participated in this same tournament. Thomas is proud to be in such good company.

Thomas is a sixth grader at the Murphy School in Dorchester. He is the son of Tommy and Mona (Connolly) Casper and big brother to Mac. He lives on East Sixth Street and when he isn't on the ice, he can often be found playing street hockey out in front of his home - old school Southie - style. Thomas is an all around great kid who is lots of fun to be around.

Playing hockey at the early age of 4, Thomas - like most kids from South Boston - learned the basics down at the Murphy Rink. His dad is a big influence for Thomas in both hockey and coaching hockey, but it also a role model for being an extremely hands on father. His mom Mona has also helped Thomas hockey career with the numerous hours spent at cold rinks and carpooling all over New England to games and tournaments. It's a labor of love for both Mona and Tommy and the results of countless hours of sacrifice have come to fruition with Thomas gaining an opportunity to play in such a prestigious tournament.

Not only does it take a lot of hard work on the ice, but Thomas and his family have some hard work off the ice as well. The team has to raise a total of \$45,000 for the ten day tournament. If you would like to make a donation, kindly mail one to:

Thomas A Casper Jr.

701 East Sixth Street, South Boston, MA 02127

all donations are tax deductible tax id# 22-321-4508

Thomas is looking forward to this 10 day adventure and trip of a lifetime. He plans on blogging on his experience for Caught in Southie and we can't wait to read it!

Way to go Thomas! We're rooting for you kid!

Watertown's Brendan Berkeley to compete in hockey tournament in Quebec

The Junior Bruins will play against teams from Canada, Europe and the United States, and will attract more than 200,000 spectators to the Quebec Collisee



WATERTOWN

Brendan Berkeley, of the Cavanaugh Plumbing & Heating Pee Wees, is among the top 20 players from the Greater Boston League who will compete as a member of the Boston Junior Bruins at the annual Quebec International Pee Wee Hockey tournament in February 2010.

The steady defenseman with a blistering shot from the point is the son of **Diane** and **Joe Berkeley**. He's a seventh-grader at the Middle School, and a two-time Watertown Little League all-star. The Junior Bruins will play against teams from Canada, Europe and the United States, and will attract more than 200,000 spectators to the Quebec Collisee.

Brendan and his teammates will stay with French-Canadian billet families, and will be exposed to many facets of Canadian heritage, including the French language.

In order to attend, the team must raise the necessary expenses. Each player is responsible for soliciting donations from local merchants and residents, as well as selling raffle tickets. Checks payable to the Boston Jr. Bruins can be sent to the Berkeleys at 56 Rutland St. in Watertown, MA 02472.

Brendan is following in the footsteps of former WYH greats Mark Murphy and Gary Manoogian, members of the Jr. Braves team that competed in and won the whole tournament in 1972. Murphy was the captain of that talented squad. Good luck, Brendan!

Junior Bruins Pee Wee team visits north of the border

By Joe McGonegal
GateHouse News Service

Posted Mar 18, 2008 @ 03:38 PM

While their Parkway area classmates in Massachusetts enjoyed moderate temperatures over February vacation, several West Roxbury boys, all of whom play on the Junior Bruins AAA Pee Wee team, made their way to the frigid tundra of Quebec City, that other hub of hockey to the north. There they played in the annual National Quebec Pee Wee Tournament and the Berniere St. Redempteur tournaments, both of which host international Pee Wee teams each season for 10 days of exciting hockey and life-changing experiences. Twelve-year-old West Roxbury native Ryan Dougherty made the trip for his fourth time this season, along with several of his classmates from Boston Latin and other area schools, players like Brian Forgione, Chris Galofaro, Jack Torpey and Garrison Norton. Dougherty, who first started playing with the Junior Bruins when he was 9 after playing several years of Parkway Youth League hockey, said the trip was “both fun and interesting.” “Every kid gets a different billet to stay with a different French family,” Dougherty said. “I stayed with my friend, Conor Meagher from Dorchester. Most people in our family spoke decent English. Overall, it was a great experience.” Dougherty’s Pee Wee Bruins team went 4-5-1 against some formidable Quebec talent. In the Quebec National Tournament, they played to one tie and two losses. In exhibition games, they beat a squad from Austria and lost to one from Cape Breton. At the BSR tournament, they won their first game, 2-1, after a thrilling overtime goal in which Dougherty assisted Meagher for the win. They then lost to a team from Quebec before winning one more exhibition game. For the kids on the team, however, this trip is rarely about wins and losses. For one thing, it’s about tradition. Playing hockey in Canada in venues like the Colisée Pepsi, in a tournament where Wayne Gretzky, Mario Lemieux and Mark Messier have all donned jerseys, is a thrill in and of itself. Furthermore, visiting Quebec City during its quintessential winter week and touring the Ice Palace and the Basilica, and participating in all manner of other winter sports for a week there, made the trip worthwhile for many. Lastly, of course, there are the friends made on such a trip, both international and from one’s own team. For Dougherty, singing the “Pee Wee Carnival” song before every game with his new friends is something he’ll remember. “I’ve made many friends on these trips from Needham, Melrose, Dorchester and Lynn. And there’s six or seven Parkway kids, too, and I have known them for years.” Dougherty’s father Tom, the president of West Roxbury Main Streets who went on the trip as a parent chaperone, cited several traditions of the tournaments he found endearing. “So many great local players, like Bob Sweeney and Bob Beers [for example], have played in this tournament over the years,” he said. Dougherty noted how extraordinary an experience it is for the Pee Wees to stay in French homes and meet Canadian players. He credited coach Mike Cashman and his wife, Carol, with putting so much hard work into a trip in which everyone, including himself, has such a great time. Cashman, who has organized the trip for eight years, spoke highly of the Parkway contingent of players on his Pee Wee roster this year. “They’re a great bunch of kids and they have a strong future ahead of them. This trip is an experience more than just sports — it’s a life learning experience, something they’ll never forget,” he said. Cashman cited the legacy of the team’s general manager and PYHL patriarch Paul McLaughlin, who was the general manager of the team since 1980 but who passed away in 2006. “Paul would have been very proud of this team,” he said.

SECTION 4

QUEBEC CITY

PEEWEE
INTERNATIONAL
TOURNAMENT

About the Tournoi International de Hockey Pee-Wee de Québec

Small tournament became great

After more than fifty years of existence, the International Hockey Tournament PeeWee Quebec remains a place of unforgettable encounters and memorable moments, thousands of players aged 11 and 12 years come to defend the colors of their team. The biggest names in hockey as Brad Park, Guy Lafleur, Gretzky and the Howe brothers, Mario Lemieux, Patrick Roy, Steven Stamkos and several others, during their career, participated in this event. Others, like Jean Beliveau, Maurice Richard and Gordie Howe took place in the stands.

The tournament was founded in 1960 by Gerard Bolduc. In its first edition, the tournament hosted 28 teams and nearly 20,000 spectators.

It is in a spirit of conviviality that the father Bolduc decided in 1959 to create a hockey tournament in Quebec Pee-Wee. Tired of taking his troops in Goderich Ontario, he holds that the Old Capital, the following year, the host of such a sporting event. The tournament is then integrated with the Quebec Winter Carnival festivities held in February.

One of the first players to compete and to reach the heights of professional hockey in the NHL was Brad Park. In 1962, the small Guy Lafleur skated on the ice from the Coliseum. For three consecutive years (1962-1964), he is the star of Pee-Wee tournament and scored a total of 64 goals. It has long held the best individual performance of the Pee-Wee Tournament in Quebec City. Ten years later, during one entry, a kid named Wayne Gretzky outplayed goalies 26 times.

Gerard Bolduc led the tournament from 1960 to 1975. In 1975, Father Bolduc passed the torch to Alex Légaré, who has managed the organization until 2000. An important point then appears in the agenda: innovation. The tournament was to attract new teams and a larger number of spectators.

The early years, the tournament took place among the activities of the Quebec Winter Carnival, it is detached from 1977. In 1980, Légaré created the America's Cup and the following year, the Quebec Cup in addition to meetings of the International Class and the International Cup. In 1984, Manon Rheume was the first girl to defend the net of his team. In 1989, to the astonishment of all, Russia and Japan both joined the tournament.

To mark 50^e édition the tournament, was organized some legends tournament. This part was presented at the Pepsi Coliseum February 21, 2009. Players present marked the tournament in their own way. Some have had exceptional careers in the National Hockey League, others have rather marked the junior and professional hockey minor. In 2013, about 1,050 players have played in the NHL or AMH after passing the pee- wee. In 2011, the event has attracted a team of Australia, the fifth and final continent to participate in the tournament. two teams of Africa and some of Asia had already participated later.

In addition to thousands of young people to live a dream, the tournament has always been Patro Rocamadour heart. In over 50 years, the tournament gave the Patro more \$ 2,133,000. It is in the Patro Rocamadour that the tournament has its temple of friendship, in which we find pictures and trophies that have marked the history of the tournament.

In 1960, there are nearly 20,000 spectators cheering on the little tournament in February 1999, the record of all time was recorded, 211 178. How young players can generate so much passion and emotions? The secret of such longevity and such a craze among fans lies in the spirit of the tournament.

The work of veteran organizers and the collaboration of many volunteers have contributed to the world-renowned International Tournament of Hockey Pee -Wee de Québec.

Boston youth hockey team finds unity with Ukrainian squad at international youth tournament



Members of the Greater Boston Junior Bruins pose with the Ukraine Team Select, a youth team composed of Ukrainian players, after a game on February 11 at the International Pee-wee Hockey tournament at the Videotron Centre in Quebec City, Quebec.

Craig Cashman / Courtesy

By Esteban Bustillos

February 14, 2023

James Boccuzzi had never played in front of a crowd as large as Saturday's.

Around 18,000 fans showed up to the Videotron Centre in Quebec City to watch Boccuzzi and the Greater Boston Junior Bruins' 2010 Elite squad face off against the Ukraine Team Select in each side's first game in the annual Quebec International Pee-Wee Hockey Tournament. It was unlike any game Boccuzzi had ever played in.

"The most I've played for was probably like, 100, maybe," the 12-year-old goalkeeper said.

That crowd had come to the 120-team youth hockey tournament to cheer on the Ukrainian kids, who have been facing an invasion from the Russian government back home that has forced many on the team to flee their country. Even after Boston wound up losing 3-1, the Junior Bruins took to the ice in a

celebration with the Ukrainian players and held up the Ukrainian flag alongside their opponents in an act that goes beyond wins and losses.

Craig Cashman, head coach of the 2010 Elite Junior Bruins, who were all born in 2010, said that the tournament let them know beforehand that the atmosphere for the game might be a little more exciting than usual.

"It was bigger than I think they all expected," he said. "And you know, they're 12, so I think they don't necessarily get in their head too much about something like that but in the moment I think they were pretty jacked up and psyched and ready to go."

Boccuzzi said he realized that his opponents probably needed support.

"Cause they haven't been living in a stable or safe home for probably a year now," he said. "And to just have all those people there, it kind of made them feel like they were in a safe place."

Team captain Brendan O'Toole said that the game and everything that happened around it meant a lot for him and his team.

"Well, I feel like it kind of teaches us that hockey is more than a game. It brings many people together," he said. "16, 17, or even 18,000 people came to show respect to both us and Ukraine."

Most pre-teens probably aren't well versed on the intricacies of international politics. Still, Cashman said his squad was pretty well informed on the significance of what was happening.

"They may not understand why what's going on over there is happening, but they can understand that a kid might not be able to go home ever again, right?" he said.

The team was, naturally, bummed about losing. It would have been understandable for them to hurry to the locker rooms as quickly as possible. But Cashman said they were able to have the perspective of the moment, and the boys organically started to take a spin around the rink to celebrate the moment alongside the Ukrainian team.

"This team, they're having a tough time at their home and I don't even think they live in Ukraine anymore," O'Toole said. "So, showing respect to them, it meant a lot for everyone in the stands, definitely meant a lot for me and our team." The act of solidarity has gained the team far-reaching recognition, including from Boston Mayor Michelle Wu, who praised the Junior Bruins while on Boston Public Radio's "Ask the Mayor" segment on Tuesday.

"Even in defeat, 3 to 1, the Boston team was so excited, celebrating with them, skated around, celebrating their victory together, so just an important moment of inspiration and sportsmanship and feeling that camaraderie through sports even at such a young age," Wu said.

Cashman's voice was still recovering from having to yell over a pro-level crowd when he spoke to GBH News on Monday, but that didn't take away from a moment he said he'll never forget.

"I could not be more proud of the group of kids and for them to just sort of in that moment act with class," he said. "We always try to preach to them about whether you win or lose, you do it with class and with good sportsmanship and they took it above and beyond. And I couldn't have asked for more from them."

Traveling to Canada

Passport or Birth Certificate

U.S. and Canadian citizens ages 15 or younger with parental consent will be allowed to cross the borders at **land and sea entry points with certified copies of their birth certificates** rather than passports.

Visitors of all ages arriving in Canada by air require a passport or passport equivalent.

If you need a passport right away, get a passport within 24 hrs with [Rushm_vpassport.com](#)

U.S. and Canadian citizens ages 16 through 18 traveling between the U.S. and Canada with school, religious, cultural or athletic groups and under adult supervision will also be allowed to travel with only proof of citizenship, such as a birth certificate.

If a child is traveling to Canada with only one parent - that parent will need a certified permission document to cross into the country with the child.

All visitors over the age of 18 years need a valid passport to enter Canada by land, sea and air.



Greater Boston Junior Bruins Pee wee Major

2025 - 2026

To Whom It May Concern:

I, _____ do hereby authorize the Greater Boston Junior Bruins,
Coach Michael Cashman, or his designees, to bring my son or daughter __ _
for any necessary medical treatment during his visit to Quebec City for the Pee Wee
International Hockey Tournament February 12 - 22, 2026 and for any sanctioned USA Hockey event.

Parent Signature



Hotel Reservation Form

Please complete and return it to Carol by February 8, 2025

Player's Name: _____

Parent's Name: _____

Full Address: _____

Thu	Fri.	Sat	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Feb 12	Feb 13	Feb 14	Feb 15	Feb 16	Feb 17	Feb 18	Feb 19	Feb 20	Feb 21
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

of nights: _____ # of adults: _____ # of children: _____

Hotel Payment:

VISA MASTERCARD

Card Number: _____

Expiration: _____ Security Code: _____

Name on Card: _____

This Card is to hold your room. Have this card ready when checking in or you can use a different card upon your arrival.



PACKING GUIDELINES

Make sure all your equipment is in good condition or repaired if necessary, Stockings should be mended, Sticks should be freshly taped, and Skates should be sharpened.

Check the following equipment

- _____ Helmet and Mouth Guard
- _____ Shoulder Pads
- _____ Elbow Pads (pr)
- _____ Supporter and Cup Hockey
- _____ Gloves (pr)
- _____ Long Underwear
- _____ Shin Guards (pr)
- _____ Stockings (pr)
- _____ Skates (pr)
- _____ Pants or Girdle
- _____ Neck Guard
- _____ Sticks (2 or more)
- _____ Tape
- _____ Shin Straps

Check the following personal items

- _____ Slacks and Jr Bruins Sweater
- _____ 2 Shirts and Jr Bruins tie
- _____ Underwear and socks for 10 days
- _____ Sleepwear
- _____ Toilet Articles - Toothbrush, toothpaste, comb, etc.
- _____ Extra Jr. Bruins gear. Jacket and Hat
- _____ Boots, 2 pair of gloves, ski pants
- _____ Sweatshirt

Do not pack anything in your hockey bag that you will want to bring to the Billets homes, and do not pack any hockey equipment in the bag containing your personal belonging that you will have at your Billets home.



3115, avenue des Hôtels
Québec City, Québec G1W 3Z6
(800) 567-5276 (JARO)

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Nights of
Stay

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Just picture...a tropical indoor garden, a blue lagoon pool, a big playground :
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3115, avenue des Hotels
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Telephone Numbers

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Internal Line: (418) 658-5624 extension of person you wish to speak with
Toll-Free Line (800) 567-5276 (JARO) for room reservation only

Fax Numbers

Main Fax (418)658-4504

L HOTEL QUEBEC

3115 Blvd Laurier- St Foy, Que., Ca G1W 3Z7
Tel. 418-658-5120 Fax 418-658-4504

Hotel Description

L*Hotel Quebec Is Located At The Entrance Of Quebec In Sainte Foy. The Hotel Is Near The Airport, Downtown, Shopping And Area Attractions, And Is Easily Accessible To Area Transportation. The Hotel Offers A Restaurant, Lounge, Outdoor Heated Pool, Handicap Rooms, Non-Smoking Rooms, Sauna, Whirlpool, Free Parking And A Private Balcony. The L *Hotel Quebec Is The Center Of Good taste. Whatever Your Needs, You'LL Be The Center Of Our Attention.

Surrounding Area

Location Description: L*Hotel Quebec Is Located In Sainte Foy 5 Miles From Downtown Quebec.

- Quebec Airport - Taxi Available 24 Hours

City Bus Avail 545am - 1145pm

From Quebec Airport - Take Duplessis Hwy South To Blvd

Laurier Exit 175 East And Turn Right On Lavigerie St.

Turn Right Onto Des Hotels Ave.

Directions from Boston

Take 93 North into New Hampshire stay on 93 North through White Mountains. Enter Vermont at I 93 and I 91, merge onto I 91 North. The bus will stop for lunch at the McDonalds off exit 28.

After stopping at border you follow North(nord) on HWY 55 (HYW 10 for awhile) until you get to

Route 20. Take Route 20 East(est) past Drummodville follow Route 20 and signs to Quebec City

Bear left (North)(nord) onto HWY-73 (Aut- 73) Follow HWY-73(North)(nord) over St. Lawrence

River. Take first right over bridge continue to bear right at stop sign take left you are on Boul.

Laurier, follow through traffic light, Hotel is on your right.

NORTH - nord **EAST** - est **WEST** -ouest **SOUTH** - sud

Sons Revolving Around the Stars

by

Jacques Robert

Quebec Correspondent

In one's lifetime, there are some unforgettable moments, like those experienced by the Slovak Peter Stastny, the former Nordique who made the good old days of the Quebec franchise. On the occasion of the Pee-Wee World Championship, Stastny showed up in the Colis,e. The reason: his son, Yvan, 13, who is a member of the Pee-Wee St. Louis Blues, was gearing up to play against Slovenia. Peter was moved indeed.

"I'm so impressed today! My son is wearing my number 26 and over his head is the banner bearing my number just recently retired," beamed Stastny. "Moreover, my son's coach is John Wensick, my ex-teammate in the eighties..."

The ex-St. Louis Blue who retired last year from NHL after a 14-year career obviously kept a close eye on his son... a pat on the back, a skate to be fixed. Nothing to do with over protection as John Wensick explained, "Peter doesn't interfere in the team decision. If I need an advice, I feel free to ask him. Actually, Peter is seen as a role model by his son's teammates."

And what about Yvan? All the media attention he drew this day made him quite uncomfortable. "I'm not a star. I'm just my father's son..." repeated Yvan before the game as he was trying to keep focused on his first time ever in Le Colis,e. Once on the ice, Stastny demonstrated his skills. He definitely skates and holds the stick like his father did, even though Yvan is not among the top players of the team.

"Yes, Yvan is still too small. And not strong enough (95 lb)," acknowledged Peter Stastny. "Even last year Yvan didn't get through the tryouts. But he knows what he wants."

Quebec reporters even confirmed that Peter, in his days, rarely played in penalty killing situations... his son did. "I have to admit that Yvan has better physical skills than I had when I played for Bratislava," admitted Peter. As a matter of fact, in this game against Slovenia, Yvan got an assist leading to his team victory (3-1). Everyone agrees this kid has a great sense of hockey despite only six years of hockey background.

However, daddy doesn't put his son on a pedestal or pressure him to become a NHL prospect. "I let him have fun! He must enjoy hockey and practice the basics relentlessly, that's what my advices are all about," said Stastny. He also stressed the fact that making it to the NHL was nothing but a lottery. "He is likely to enroll a college hockey program and then we shall see..."

Time out Peter! It remains that your son is no different from the other kids; he happens to dream. When Yvan was asked to name his idol, he quickly replied, Mario Lemieux. Needless to say that he would be crazy about filling his dad's skates, but entering a university hockey program doesn't appeal to him very much. "I'd rather play my junior years in Canada." A place where he was born and where his entire family turned their life around after defecting

from the former Czechoslovakia. And a country where the passion for hockey will likely someday pave his way to the NHL.

One other big name to take part of the tournament was Greg Campbell. A clue? Take a look behind the Rangers bench... During the Pee-Wee World Championship, Greg played for the N.Y. Rangers. Like Yvan Stastny, Greg is not among the best elements of the lineup. Born in 1983, he is just over 4' tall and not very big, but that doesn't bother his coach, Ron Winicki. "Greg is a smart player. He deserves no special treatment among the team. We are here to perform and he had to get through tryouts like anybody."

Yet Greg Campbell considers himself very fortunate, but admits that there's some drawbacks. "I hate to be recognized as my father's son," he said. "I also do not see my father a lot, but he makes up for it by taking me to the Blueshirts' practices" Greg added that his best friend among players is Adam Graves. "He gives me some tips I try to reproduce on ice."

Finally, the future will tell us whether or not Greg or Yvan will make their own mark in professional hockey. Patrick Dom, Director of the tournament had this to say, "Every year we can point out which players have the potential to graduate to the NHL. It is a combination of skills, and a good mental attitude. Those rarely change over the years. Eventually, the physical transformation decides the outcome of a career."

At least, Greg and Yvan have a great advantage. They know, by family experience, how rough it is to survive in the NHL.

Kids in the spotlight

Rocker Rod Stewart has starred at Quebec City's Colisee a few times over the years.

By The Gazette (Montreal) February 8, 2007

Rod Stewart has starred at the Colisee here a few times over the years.

But the British rocker will be just another hockey father watching from the stands when his son's team hits the ice during the 48th edition of the Quebec International Pee-wee Hockey Tournament, which begins at the Colisee today. "Having somebody famous like Rod Stewart and his (ex-) wife, (U.S. model) Rachel Hunter, is great for us," said Patrick Dom, the longtime director-general of the tournament. "There's no price for publicity like that. "To be sure, Stewart, whose son Liam plays for the Little L.A. Kings, is the biggest celebrity expected at this year's event, which will attract 112 teams and 2,200 players from 14 countries, maintaining the tournament's decades-old reign as the largest minor-hockey event in the world. However, he won't be the only big name to attend the 10-day event. Like every year, a bevy of the more than 800 past and present National Hockey League players who played in the tournament when they were between 11 and 13 will be on hand as coaches or to cheer on their own kids. According to Dom, this year's list of ex-NHLers on hand includes Mark Messier, Luc Robitaille, John Wensink, Rod Gilbert, Brian Bradley and former Canadiens Joe Juneau, Benoit Hogue and Claude Lemieux. Former baseball star Kirk Gibson will also be here as coach of a team from Detroit. Another highlight will be the arrival of the Stanley Cup on Sunday, courtesy of the NHL and the Carolina Hurricanes, who are sponsoring a little Hurricanes team. The trophy will be displayed in the foyer of the Colisee for two days in the company of its official white-gloved keeper, Mike Bolt. Dom said the tournament will also welcome its 8 millionth visitor, an event that will probably occur this weekend. Before today, 7,925,006 spectators went through the tournament's turnstiles. In addition to the presence of Stewart, Dom said tournament organizers were thrilled when they learned in January that the event was rated one of the top-10 ultimate hockey experiences in North America by the ESPN sports television network. Because a last-minute hitch prevented the first-ever Australian team from competing, Dom said there are no teams "from exotic places" in this year's tournament. Unlike last year, for example - when a team from Morocco made it despite visa problems for several of its coaches - there are no teams from Africa or any warm-weather countries. Another notable absentee is Russia, which sent one or more teams in each of the last several years. While teams from Toronto, Detroit and other large cities are expected to dominate the elite classes of the tournament, as usual, Dom expects a few homegrown squads to provide some excitement, not to mention some interesting storylines. The best might come from a team of young Inuit players from Nunavik, the vast tundra area

that covers the northern third of Quebec. Coached by Joe Juneau, who won the scoring title in his third year as a player at the peewee tournament - a premonition of the offensive prowess that enabled him to register a career-high 102 points in the sophomore year of his 12-year NHL career - the team is the fruit of a new two-year, \$1.2-million pilot project that Juneau spearheaded after a trip he made to the region last spring. According to Juneau, he was shocked by the neglected state of hockey facilities and the complete absence of minor-hockey organization in the Inuit villages he visited. "I thought it was sad," Juneau said this week. "So I came up with an idea to go to the area to help develop a minor-hockey structure. "With funding from the Inuit-run Makivik Corporation and the national Youth Hockey Development Program, Juneau has been flying monthly to the region since September. So far, he has visited six of Quebec's 14 Inuit villages to assess facilities and players' equipment and to find two adult LHDs - Local Hockey Developers - whom he can train to work with the kids. He is also working with several sponsors, including the Montreal Canadiens Foundation, which Juneau said is currently considering a plan to collect and send hockey equipment north to young Inuit children. In addition to working with municipalities to improve rinks and maintenance (most villages have outdoor rinks, but three have arenas), Juneau held three mini-camps beginning in December for a team of 17 peewee players from the six villages that will play in this year's Quebec tournament. From the ragtag bunch he saw in action only two months ago, when most saw basic hockey drills and strategies like breakouts and regroupings for the first time, Juneau said the team has gelled quickly. "Hockey seems to come naturally to the Inuit," said Juneau, adding that, in addition to Native NHLers like Jonathon Cheechoo, Jordan Tootoo and Sheldon Souray, his young charges idolize Sidney Crosby and Alexander Ovechkin. "They learn so fast it's amazing. They go through new drills like crazy. "The team, which arrived here yesterday and will stay together at a summer camp near Juneau's retirement home on nearby Lac Sept Iles, plays its first of at least two games on Saturday, against a team from Iceland. Teams from Nunavik have competed in the tournament since the early 1990s. However, organizers said they have never won a game. For Juneau, who has also organized some exhibition games for the team during its 12-day stay here, Saturday's game will mark his coaching debut and what he hopes will be a new dawn for hockey in northern Quebec. "I'm not saying we'll win, but I've never entered a hockey game thinking I'm going to lose," Juneau said. "I've tried to relate that to the kids, that we're not just here to have fun, but to accomplish something."

best of WINTER

FEBRUARY 17, 2000

WINTER WEEK



QUEBEC CITY •

Tournament offers boys a chance to play like our heroes

They come to play in rink they say Jean Beliveau built

Roy MacGregor

In Quebec City

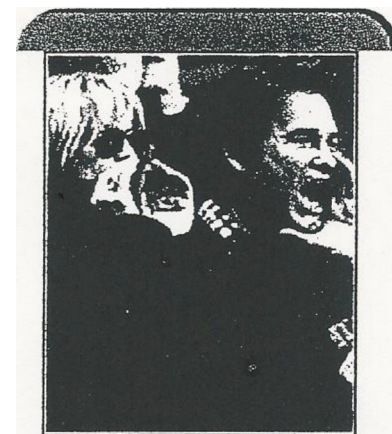
This year they are coming to see Rob Schremp, No. 17 with Rochester.

It is said, as it is always said this time of year as the annual Quebec International Pee wee Hockey Tournament gets underway, that this one is as good as Lafleur, who became a legend here at the age of 11, as good as Lemieux, who passed by almost unnoticed here, as good as Gretzky whose mere mentioned name -- 26 years after he came here to play -- can still bring a swoon out of Monique Lortie, who billeted the young 13-year-old Brantford superstar back in 1974.

It is being said in the corridors that Robbie Schremp is so like Wayne Gretzky that he has been tapped to play the young Gretzky in a movie in the making. This, before anyone here has even seen him play. This, before the Rochester team had even pulled into town.

But this is how it is at the Quebec Pee wee. Everything is out of proportion. Everything, for the 11-, 12- and 13-year-olds who come here to play is slightly beyond belief.

They are in the largest hockey tournament on Earth: 106 teams this year (not a record) from 15 different countries (a record). Three continents are represented and if last year's entry from South Africa had only returned, it would be four. Patrick Dom, the tournament organizer, is already negotiating with Australia, dreaming of all five continents gathering here one day to determine the best pee wee hockey team in the world.



"The Cana.fan ess

Actors Goldie Hawn and Kurt Russell cheer on their son's team at the Quebec International Pee wee Toumame:--rt in Quebec City,

They have come to this year's tournament, which runs from Feb. 10 to 20, from all over Canada, including the Kuujuaq Pee wees from Nunavik. They come from all over the United States, from Michigan to Texas to Boston. They are here from Mexico, from Switzerland, from Moscow, from Ukraine, from Slovakia.

They come to play in the Colisee, the rink that they say Jean Beliveau built, so popular was the young Beliveau before he headed off to the NHL and the Hockey Hall of Fame. They come to play to packed crowds and under television lights in the same rink that Guy Lafleur once scored seven goals in a single game in this tournament. A crowd of 14,000 stood and cheered him and, the following day, tournament organizers sewed seven velvet pucks into his sweater. Lafleur was even given a float in the *carnaval* parade that wound its way through the Old City.

All heady stuff for children whose voices have yet to drop.

"It feels weird that some of them would want to watch us," says 13-year-old Jacobus Blik, here with the Penguins of Bethal Park in Pittsburgh. "We're not really that big."

But the point is, they *might* be -- one day. This is the precise spot where, in hockey circles, the first whiff of superstardom can be found. In 41 years of tournaments, some 644 pee wee players have moved on to professional careers, many of them as well-known stars in the NHL. And that, of course, only covers to 1994, time enough to permit yesterday's youngsters to grow and be drafted and begin chasing the dream that seems a lot more real here

than it ever does in a youngster's bedroom or Grade 8 math class.

To appreciate fully the direct line between this one tournament and future NHLers, it is necessary only to know that *nine* of the players in last year's Stanley Cup final had once played here, including Brett Hull and Mike Modano of the winning Dallas Stars.

Brad Park came out of the 1960 tournament class; 1961 produced Gilbert Perreault; 1962 showcased Marcel Dionne and Lafleur. Mark and Marty Howe played here in 1965 and Mark Howe's son, Travis, Gordie's grandson, came to play a few years back.

When Wayne Gretzky came here with the Brantford Peewees in 1974, he was assigned to billet at the home of Monique and Louis Lortie. He was, she remembers: "The nicest young man you'd ever want to meet." The only problem was the journalists who "kept phoning for interviews." In later years, she billeted Gretzky's three younger brothers when they came and, last year, when Walter Gretzky, Wayne's father, brought yet another Brantford team, his first words on entering the Colisee were: "Where's Monique!" She was, of course, right here, just as she has been now for 37 straight years.

That class of 1974 produced 38 players who went on to pro careers in hockey. Some turned out to be great stars on their own -- Paul Coffey, Steve Larmer -- but the greatest year of all, by consensus, was 1977. In one Quebec peewee tournament, fans got to watch Mario Lemieux, Steve Yzerman, Pat LaFontaine and Patrick Roy.

The greatest player, by some consensus, was not, as might be expected, Lafleur, but Sylvain Cote, who dominated the Quebec peewee of 1979 and went on to a middling and largely unnoticed NHL career.

Another Cote is drawing attention this year, but for different reasons. No. 25 on the Montmagny team is Annie-Pier Cote, a no-nonsense player who willingly blocks shots and can get physical when required. The young girls no longer are found just in the stands, cheering and asking for autographs.

They are, however, still there, as well, making this single tournament as much epiphany as competition for many of the shy youngsters who come here to play and are stunned to be treated as celebrities. Jacobus Blied's Pittsburgh team had barely sat down to watch a game when they found themselves surrounded by singing, laughing 12- and 13-year-old Quebec young women.

"Some of them even spoke a little English," said Blied, who seemed slightly in shock as he left the Colisee after his first look.

Blied, like the 1,600 or so other peewees coming here this week, is not likely to forget anything about this tournament, but just to make sure the memories are forever it is possible for a youngster to have his or her very own hockey card produced, a photograph embossed in a brass puck and even a videotape of every single game played.

And once the championship round begins, the games will be broadcast on RDS, the French-language sports network. Just like the big leagues.

"I've done CFL and I've done the NFL," says Pierre Durivage, the play-by-play broadcaster. "But there's nothing like this tournament.

"They're crying if they lose, and they're crying if they win."

National Post

[MAIN PAGE](#) [ARCHIVES](#) [POSTCARDS](#) [NP ONLINE](#) [FORUMS](#) [FEEDBACK](#)

Québec City is a place to love in any season

By Irene S. Levine *Globe Correspondent / February 27, 2011*

QUÉBEC CITY — Last summer, my husband and I decided to retrace the route we had once taken to the Canadian border. Ten years ago, our son was a young hockey player and we were driving him from our home in New York to a tournament in Québec City. This time there were only two of us in a sedate sedan, rather than three in an SUV stuffed with smelly athletic equipment. The back seat felt empty.

Andrew was 13 when he was chosen as a goalie on one of 108 teams of 13- and 14-year-olds from 12 countries competing in the annual Journé Internationale de Hockey Pee-Wee de Québec, the world championship of peewee hockey. After driving more than 500 miles, we spotted the distinctive green copper roof of the sprawling Château Frontenac hotel and realized we had reached our destination.

For 52 consecutive years, the peewee tournament has been held at the Colisée Pepsi, coinciding with Carnaval de Québec, the largest winter carnival in the world. February is the coldest month of the year in Québec, with temperatures averaging in the single digits. The huge mounds of snow are measured in feet, not inches, and gusty winds coming off the St. Lawrence River add to the chill. Some say festivities such as this help the Québécois make it through until spring.

We traveled by car between a series of chilly ice rinks spread across suburbs with names such as Val-Belair and Charlesbourg. Before morning exhibition games, the team stopped at Tim Hortons for hot chocolate and fresh doughnuts or Canadian toast. During down time, the boys were smitten by winter carnival traditions such as dogsled and canoe races, night parades, the ice palace built at the Place de l'Assemblée-Nationale, and the appearance of the beloved, oversized mascot snowman called Bonhomme. They were dazzled by the whimsical Snow Sculpture Show on the Plains of Abraham and were excited to go snow tubing at the Valcartier Snow Park outside the city.

Back at the hotel, the boys ran off to the nearby bobsled run whenever they could and played pick-up hockey outdoors after dark on the illuminated ice rink beside the hotel. In the meantime, their fatigued parents retreated to the cozy Bar Saint-Laurent & Lounge for beer, wine, and hockey talk.

The most thrilling moments, of course, were watching the team play a single-elimination game in front of more than 27,000 hockey fanatics. The team lost, 3-2, to a home team from Beaubourg. When the boys returned to the ice in a line to shake hands, tears welled up in my eyes.

Andrew, now 23, has graduated from college, and is working as a software engineer and living in Manhattan. He never became a hockey pro (although one boy on his team did). Since he is an only child, the house often feels empty and quiet.

Approaching the imposing Château Frontenac a second time on the narrow Rue Saint Louis evoked a rush of memories. Instead of the ground being blanketed with snow, colorful summer flowers cascaded from window boxes. Taken over by Fairmont in 2006, the hotel once owned by the Canadian Pacific Railway had been tastefully refreshed. The comfortable corner room we were assigned had a beautiful view of the river on one side; on the other, we were entertained by a revolving cast of street performers on the plaza beneath us.

With time and summer weather on our side, we walked the cobblestone streets until our soles wore thin and saw Old Québec in a different way. We explored the architectural, historical, and cultural offerings of the only walled city in North America, and walked along paths through the Plains of Abraham, the great lawn of the city as Central Park is to New York. We dined at a mix of trendy cafes and more elegant restaurants.

Behind the hotel, we took the funicular down to the winding streets of the Lower Town and browsed leisurely through art galleries and quirky shops. We stopped at Place Royale to watch historical reenactments. Then we took a ferry across the St. Lawrence to Vieux-Levis, a hilly city on the southern shore.

One evening, we went to the dock near the Old Port Market to see the world's largest multimedia experience of film and images. Projected on huge grain silos equivalent in size to 25 IMAX screens, the Image Mill brings 400 years of Québec history to life.

Our visit coincided with La Fête nationale du Québec, a national holiday celebrating Saint-Jean-Baptiste Day. Thousands of boisterous young people marched through the streets with blue and white flags as they headed to festivities on the Plains of Abraham that culminated in a bonfire and fireworks. For just a moment I wished Andrew and the team were there with us.

On our last evening, we returned to the Bar Saint-Laurent & Lounge. Sipping cocktails and watching the sunset, we felt the joie de vivre of Québec, and fell in love all over again during this different season.



BASILICA and grounds

[Presentation](#) | [History](#) | [Architecture](#) | [Mosaics](#) | [Stained-Glass Windows](#)
[Sculptures](#) | [Chapel of Saint Anne](#) | [Ambulatory Chapels](#) | [Organ](#) | [Church Bells](#)
[Guided Tour of the Basilica](#)



PRESENTATION

History

The present-day Basilica was built to replace the first Basilica that was destroyed by fire on March 29, 1922.

Architecture

Two architects, Mr. Maxime Roisin of Paris and Mr. Louis N. Audet of Sherbrooke, worked for several years on the design and construction of this church. The construction began on July 6, 1923 and there are still parts that have not yet been finalized even today.

Like many churches, it was constructed in the form of a Latin cross. It is Neo-Romanesque in style, respecting the Roman style of architecture but using more modern techniques. It rests on solid rock. The granite used came from the quarry at Saint-Sébastien, in Beauce, QC.

Mosaics

The Basilica's central vault is completely covered with a series of mosaic dedicated to Saint Anne. Her life is portrayed in the vault of the central nave and of the two transepts. Her virtues are written on the part of the vault where the nave meets the transepts. Her glorification is depicted in the apse (vault of the Basilica's sanctuary). These mosaics are the works of Mr. Auguste Labouret.

Stained-Glass Windows

An ensemble of 240 stained-glass windows adorn the Basilica. They represent Christ, his apostles and disciples, as well as prophets and patriarchs who announced His coming. They also tell us of the history of devotion to Saint Anne here in the province of Quebec and as it spread throughout North America. Here's what architect Mr. Audet has to say about these stained-glass windows:

"Saint Anne's stained-glass windows are of a new kind in North America, for very few glass-painters have succeeded in mastering this art. The glass used in these windows must be perfectly clear and luminous in pieces one-inch thick and set, not in lead, but in reinforced concrete. The edges are chipped away with a hammer. Chipped in this manner, the glass pieces present numerous glittering facets ever twinkling in the sun. I dare say that these stained-glass windows are the best that have ever been produced since the Middle Ages. They are the work of Mr. Auguste Labouret, who invented this new technique."

The 26 stained-glass windows in the ambulatory consist of relatively thin glass set in lead strips.



Sculptures

Two renowned sculptors shared the main sculpting work of the Basilica. First, there was Mr. Émile Brunet, renowned for his stone sculptures, particularly the capitals found atop each column in the church. These capitals, that portray the life of Christ, are considered pure works of art. Mr. Franz Moroder worked on the wooden sculpting, for instance the pews found in the nave and the 51 statuettes found on the pews in the sanctuary.

The [chapel of Saint Anne](#), that of the Holy Family and the [10 ambulatory chapels](#). These chapels form a top-quality artistic ensemble: mosaics, marble of various colours, stone, and granite come together in harmony to create a place of peace, beauty, and prayer.



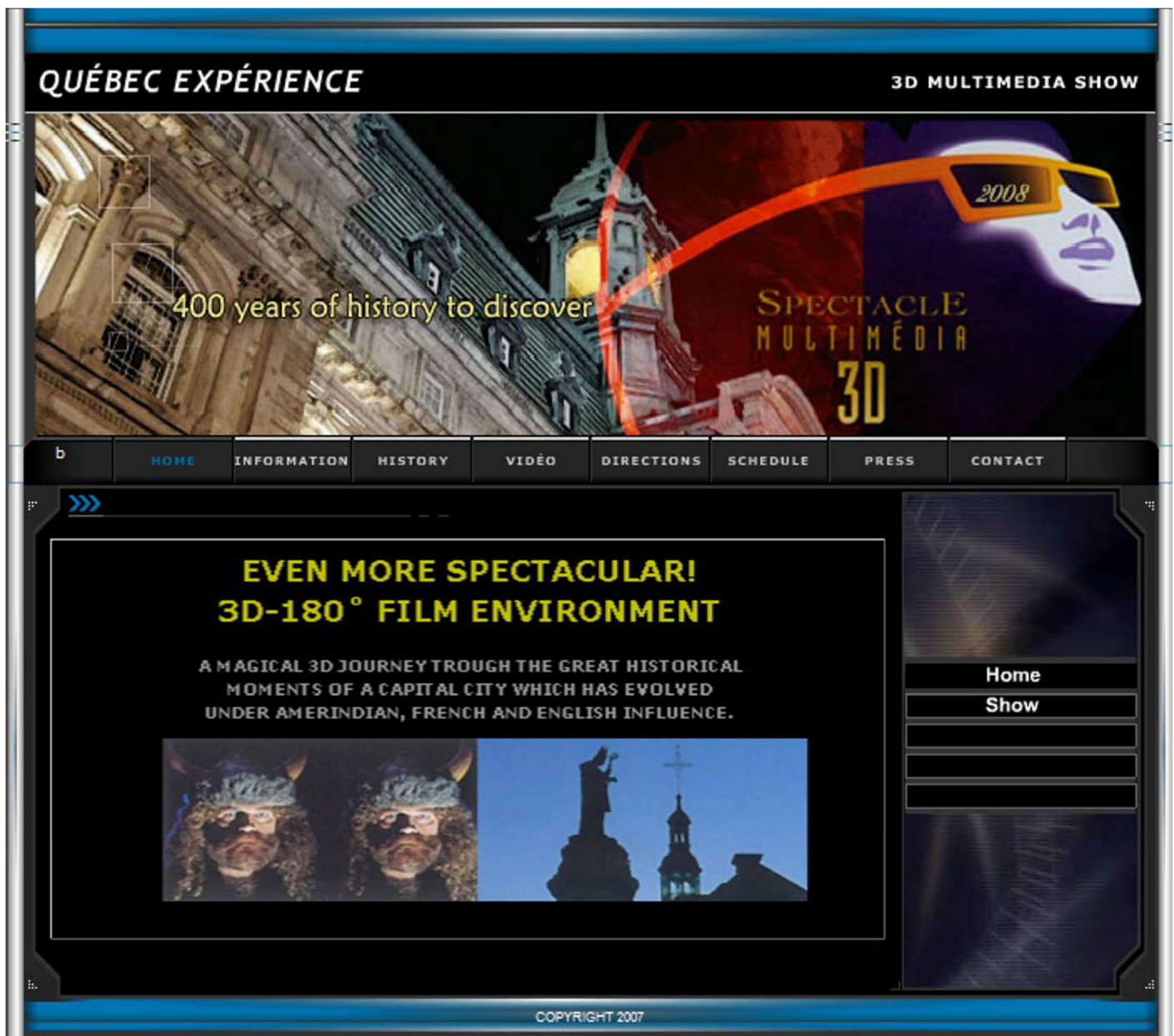
Organs

Constructed by Casavant & Frères of Saint-Hyacinthe, it includes 44 stops. It was completely restored in 1988.

Church Bells

The Basilica's set of bells is composed of nine bells, six of which were installed in the south tower and three, the heaviest bells, which were installed in the north tower. The total weight of the bells is 43,087 pounds. Each one has a name:

- Angelica: sol
- Jesus: la
- Mary: ti
- Anne: do
- Joachim: re
- Joseph: mi
- John the Baptist: fa
- Alphonsus: sol
- Patrick: la



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Visitors are welcomed all year long by a guide dressed in a Huron traditional costume.

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Visit of the Long House, (Huron's traditional housing). Presentation of the Huron's way of life.

Visit of the smokehouse and the drying tent. Comments on methods of food preservation.

Visit of the sweating tent. Presentation on purification techniques used by our ancestors

We make stop at the giant tee-pee. Informations about the way of life of Native Indians from different Québec Nations.

Presentation on traditional means of transportation and on the making of canoes and snowshoes. Visitors are invited to take a seat in large canoes to listen to the guide.

Presentation on the present life of the Hurons in the village of Wendake.

The guided tour is offered all year long come snow, rain or shine. All exhibits are covered in case of rain and can accommodate an entire group. The guided tour is offered in French, English and Spanish.

The guided tour lasts approximately 2 hours which includes free time to allow visitors to go back to the site, take pictures and visit our shop.

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SECTION 5

NOTES

