

November 2011

BodySmith members are continuing to excel in their seasons so far. Congratulations to **John McFarland** on achieving 9 points in the past 3 games and to **Gianluca Curcuruto** on scoring his first goal this season with the Soo Greyhounds.

Congratulations to the **Mississauga Reps Minor Atom team** - Ethan Bourdos, Ethan Smagaren, Reid Valade, Edward Qu, Conor Grant, Ryan Holmes, Chris Crocker, Cole Nugent, Johnny Wright, Nicholas Veiga, Connor O'Shea, Carter Giles, Liam Dey, and John-Michael Milinkovic - on winning all of their games this past weekend! Great job boys!!

Randy would also like to congratulate another BodySmith family member, **Paul Geiger**, on making the Canada East World Jr. A team! Bring home the gold!



BSI Sports Magazine

BodySmith is now providing a FREE Sports Magazine. There will be 3 issues per year which will update you on the latest accomplishments of the athletes here at BodySmith and other must read fitness and health articles.

We need your help to choose a title for the magazine. Send us your ideas and Randy will choose which one he likes best. The title must have "BSI" in it.

Keep an eye out for the first ever issue coming out in December 2011!

BSI Elite Hockey Christmas Camp



Camp is open to OHL, Tier 2, Midget, and Minor Midget hockey players. There will be both on ice and off ice training.

Dates: December 21 - 23, 2011

Time: 10:00 am - 1:00 pm

Cost: \$275.45 (includes tax)

Location: Stouffville Clippers Sports Complex

****For more information or to register call 905-888-5000 or email info@bodysmithinternational.com****

Registration deadline is December 9, 2011.

QUOTE CONTEST

Send us your most motivational quote and we will vote on the best one. The winner will receive a FREE BodySmith International t-shirt.



***Contest ends November 30**