

September 2011

Great work this summer! Through record high heat, BSI members did not stop training and we look forward to seeing the results in your upcoming season! Good luck to everyone starting their seasons.

We will miss all of you going off to school and various OHL, Jr. A and Minor Hockey teams.

See you in December!

In Season Training

It is very important that you continue to train during the season, in addition to your practices and games, as detraining will cause your body to be more susceptible to injuries. Please speak with Randy to sign up for the In-Season Maintenance Program.

Congratulations to our family members who have been named the leaders of their teams!

Andrew Doyle - Stouffville Spirit (Captain)

Chris Porter - Stouffville Spirit (Assistant Captain)

Christian Finch - Stouffville Spirit (Assistant Captain)

Paul Geiger - Stouffville Spirit (Assistant Captain)



Randy would like to welcome the Markham Waxers Jr. A team to the BodySmith family.

On-Ice Conditioning and Situational Play

with Paul McFarland



Sessions will continue throughout the school year. These sessions are great for perfecting the vital skills required to excel this season! The location, dates and times will be determined shortly. You must sign up and purchase sessions with reception before attending.

Fall/Winter Gym Hours:

Monday-Thursday: 7am-12pm & 3:30-8pm

Friday: 7am-12pm & 3:30pm-7pm

We would like to wish John McFarland and Julian Melchiori good luck at Florida and Winnipeg's NHL training camps. Work hard boys!