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PLAYER PACKAGE 2017-2018



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WEST NIPISSING LYNX JUNIOR A HOCKEY CLUB



The West Nipissing Lynx Junior A Hockey Club prides itself on offering its players and fans a top tier Junior hockey program. We are committed to offering our players quality training and development while under the reigns of our knowledgeable coaching staff, which in turn allows us to reach our goals of ultimately winning a championship and of moving players to greater levels of play such as: collegiate, semi-pro, and pro hockey leagues.

Our program offers a comprehensive balance of on and off ice activities including training and community involvement. Our players receive on ice training from our knowledgeable coaching staff along with access to state of the art off-ice training facilities. As our players are expected to be leaders both on and off the ice, the team will also partake in various community events such as: volunteering in schools, participating in fundraisers, interviews, etc.



The GMHL (Greater Metro Junior A Hockey League) is now the largest Junior A hockey league in Canada. Originally comprised of 6 teams back in 2006, the league has now grown to nearly 30 teams. As the only league in Canada with no import restrictions, and the permitted participation of 21 year old players, it's no wonder the GMHL's quality of play is consistently increasing. Having graduated over 400 players to greater levels of play, the GMHL is now recognized as one of the premier leagues in Canada.



## OUR PROGRAM & FACILITIES

**ARENA:** All West Nipissing Lynx home games are played at the Sturgeon Falls Arena. The arena holds approx. 400 fans and has an upstairs lounge for viewing and socialising.



ARENA

**DRESSING ROOM:** The West Nipissing Lynx have their own designated dressing rooms. The room has its very own outside accessibility for team members only and includes professional player stalls for its entire team. It is widely known as one of the best dressing rooms in the GMHL.

**TRAINING FACILITIES:** Every Lynx player receives a membership to the West Nipissing Complex which includes state of the art weight lifting and cardio equipment along with access to a pool, hot tub, and sauna.



**TRANSPORTATION & MEALS:** The West Nipissing Lynx Junior A Hockey Club travels to all away games by bus. Luxury coach busses are used for away games in excess of 200 km while regular busses are used for visiting nearby opponents.

**EQUIPMENT PACKAGE:** The Lynx players' equipment package includes: CCM Resistance 100 helmet, CCM 6052 Tacks SR gloves, CCM warm-up suit, Team t-shirt & shorts, skate sharpening, and tape. Players also receive the use of the Lynx's team hockey bags, team pant shells, and team game and practice jerseys and socks for the season.







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## LIFE IN WEST NIPISSING & BILLETING

West Nipissing is a small community in northeastern Ontario with a population of approx. 16 000. It is located approx. 25 min West of North Bay, ON and 50 min East of Sudbury, ON. Known for its attractive residential settings, West Nipissing offers many great outdoor activities for its visitors.



Being in such a small community, the Lynx fans absolutely love their hockey.



Here in West Nipissing, the Lynx are known as the premier event on weekends. On game days, you can sense the “buzz” around town as all of the Lynx fans are getting excited to see their team play. On a daily basis, players and staff members are constantly having to talk with local residents about the teams past performances and upcoming games. Needless to say, in West Nipissing, Lynx hockey is the go-to event!

Billet families are crucial to the success of the Lynx organization. Our billet coordinator interviews the potential billet families and performs periodic check-ups to ensure our players are safe, well nourished, and feeling right at home. Billet families are required to provide 3 meals per day, along with obeying to the team’s billeting policies. The cost of billeting is \$ 500 CAD per month.





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## COMMUNITY INVOLVEMENT & EDUCATION



The West Nipissing Lynx are actively involved with its community and business partners. The Lynx partake in various community events such as parades, fundraisers, elementary school visits, and interviews. Our players stand out as role models and community leaders amongst their peers and local youth.

Located approx. 25 min East of West Nipissing is our local university “Nipissing University”. NipU offers its students a wide variety of undergraduate programs. It is also well renowned for its great student life. Players may find out more at [www.nipissingu.ca](http://www.nipissingu.ca) or by contacting any of the Lynx’s staff members.



Also located in North Bay, ON is Canadore College. Canadore also offers a wide variety of programs and courses all while offering its students a great “student life” experience. Players may find out more about Canadore College and their program offerings by visiting [www.canadorecollege.ca](http://www.canadorecollege.ca) or by contacting

any of the Lynx staff members.

West Nipissing also has two centrally located high schools (French or English). They are both near the teams’ arena and facilities and billet families’ homes.



## STAFF & RECRUITMENT

**HEAD COACH – DANIEL TREMBLAY:** Mr. Tremblay is a resident of Sturgeon Falls and has been coaching hockey for over 30 years in the area. His resume includes but is not limited to head coaching duties for the West Nipissing Lynx in their inaugural 2016-2017 season and assistant coach for the French River Rapids in the NOJHL for multiple years. Dan's experience and communication skills combined with knowledge of the game, pushes our players to improve on a daily basis in order to reach their individual and team goals.

**ASSISTANT COACH / DIRECTOR OF PLAYER RECRUITMENT – MATHIEU GAUDETTE:** Coach Gaudette, a former GMHL alumni, is also a West Nipissing local having coached alongside Dan Tremblay during the Lynx's inaugural season and at one of the local high school teams for over 5 years. Mathieu's understanding of the game along with previous experiences will ensure our players receive valuable insight in order to properly execute the teams' game plan on a nightly basis.

**ASSISTANT COACH / ASSOC. DIRECTOR OF PLAYER RECRUITMENT– DENIS COMMANDA:** Mr. Commanda is in his first year with the Lynx organisation but he is embarking in familiar territory having coached with Mr. Tremblay with the French River Rapids organisation in the NOJHL for the past few years. Denis also serves as assistant coach and recruiter for Team Ontario of the National Aboriginal Hockey Championships.

**GOALTENDING / STRENGTH & CONDITIONNING COACH – TYLER CAMERON:** As a former goalie, Coach Tyler ensures our goaltenders are receiving daily coaching in order to improve their abilities. In addition, Mr. Cameron provides appropriate strength and conditioning programs along with suitable meal plans to the Lynx players on an on demand basis.



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## SHOWCASE TOURNAMENT & ALL-STAR GAME

Every year the GMHL holds its annual showcase tournament. At the beginning of December, scouts from all over the world attend the showcase to witness the league's top teams and players. The top teams of each division along with selected players from other teams who form divisional representation teams compete against one another to showcase their abilities to these scouts.



Also held every season is the GMHL's All-Star Weekend. Held in January and featuring the league's best talented players, the GMHL All-Star game is also a great place for scouts to recruit players. Player selection to these All-Star teams are based on a combination of team standings and player merit. Included in this even is a formal dinner along with a skills competition.

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## WANT TO BECOME A LYNX?

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