



QUESNEL MILLIONAIRES



Junior "A" Hockey Club

"A Division of the Quesnel Millionaires Hockey Limited Partnership"

Box 4478,
Quesnel, BC V2J 3J4

Mills Office 250-992-7181
Mills Fax 250-992-7148

www.quesnelmillionaires.com
admin@quesnelmillionaires.com

The Quesnel Millionaires are excited about the upcoming season and would like to extend an invitation for you to attend our ***SPRING EVALUATION CAMP on April 2nd – April 4th 2010.***

Our organization is committed to providing the best environment for an athlete to develop. The College of New Caledonia and the University of Northern British Columbia have classes that will fit into our athlete's schedule. High School students attend Correlieu Secondary School and have a full time academic advisor.

The off-ice fitness and nutrition program is administered by an experienced certified fitness trainer who works with junior, college, and NHL players. The team trains at the Quesnel Hockey Academy, which is designed for hockey specific training and equipped with a Skating Treadmill. The players are assessed (Vo₂, RF, VE, FEO₂, HR, lactate, power, and strength) three times per year to establish their level of cardio, respiratory, and metabolic fitness, and their personal programs are adjusted accordingly. Our Athletic Therapist, Kyla Knox, immediately addresses all medical concerns and if required, refers the player to the appropriate team practitioner: Doctor— Dr. Tiede; Physiotherapist— Juerg Feldmann; Dentist—Mirko Pellizzari.

The organization provides a team jacket, tracksuit and workout gear to give players an immediate sense of ownership. We also provide sticks, gloves, pants, helmets, skate blades, plus room and board.

Pre – Camp registration will be taking place at the Quesnel Twin Arenas on April 2nd from 1:00 PM to 2:00 PM. Each player will receive their own Quesnel Millionaire Jersey. You will receive all of the scheduling information and camp guidelines at this time.

For your convenience you can [register and pay online](#), or make payment of \$125.00 to the Quesnel Millionaires, Box 4478 Quesnel, BC V2J 3J4. Players without proper equipment (neck guards, mouth guards) may not be permitted on the ice.

Please feel free to contact me at any time if you have any questions or concerns (250) 992-7104. Camp registrations can also be faxed to our office at (250) 992-7148.

Yours in Hockey,

Glen Watson
Head Coach/GM
Quesnel Millionaires

Brian Kozak
Assistant Coach
Quesnel Millionaires