

# NORTH SHORE WINTER CLUB

## Winter 2020 Program Guide



### WINTER REGISTRATION

**Members** November 12th @ 10am

**Non Members** November 26th @ 10am

Sign up at [www.nswc.ca](http://www.nswc.ca) or [nsw.gametime.net](http://nsw.gametime.net)



NORTH SHORE  
WINTER CLUB

# HOLIDAY HOURS

DECEMBER 24TH  
DECEMBER 25TH  
DECEMBER 26TH  
DECEMBER 31ST  
JANUARY 1ST

6:00AM – 12:00PM  
CLOSED  
CLOSED  
6:00AM – 2:00PM  
CLOSED

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# Senior Management Team



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**BOB MCCUAIG**  
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**THOMAS PINKERTON**  
Executive Chef  
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604.985.4135  
NORTH SHORE WINTER CLUB  
1325 E. KEITH RD. NORTH VANCOUVER, BC V7J 1J3

# Program Registration



**Member Services  
Manager**  
Barb Hufsmith  
bhufsmith@nswc.ca

## Program Registration Information

### Member Registration opens at

10:00am on Tuesday November 12, 2019

### Non Member Registration opens at

10:00am on Tuesday November 26, 2019

### There are three ways to register for programs:

1. Online registration at [www.nswc.ca](http://www.nswc.ca)
2. Phone registration:
3. **604-985-4135 ext 0**
4. In person registration at Member Services.

- All programs will have a minimum and maximum enrollment.
- A waiting list will be formed after a particular program is filled.
- No credits or pro - rating will be provided for missed sessions.

### PAYMENT

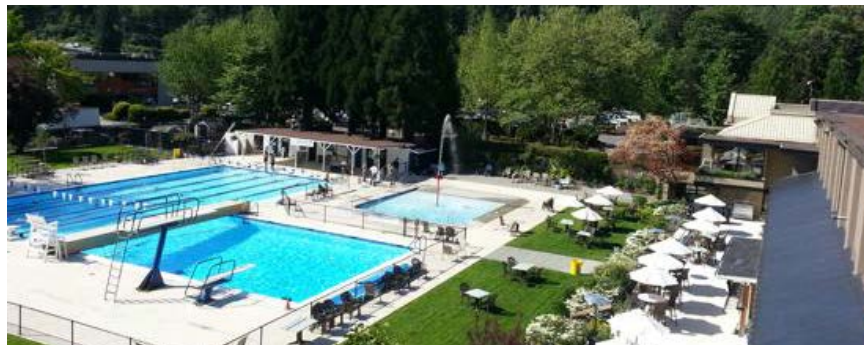
- Payment must be made in full at the time of registration.
- We will automatically charge member accounts.
- Public must pay at the time of registration by credit card; no other method of payment will be accepted.

### CANCELLATION POLICY

Cancellation requests need to be in writing.

Please email [cancellations@nswc.ca](mailto:cancellations@nswc.ca) and include the following:

- The name of the participant
- The name of the program
- The start date & time of the program



### REFUNDS AS FOLLOWS:

- 100% refund: up to 72 hours before program start time.
- 50% Refund: less than 72 hours before program start time UNTIL 48 hours after program start time.
- No Refund: more than 48 hours after program start time.
- NSWC reserves the right to adjust any incorrect program fees or program information due to printing errors and to cancel any classes due to low enrollment or unforeseen circumstances.
- Full refunds will be provided if a program is cancelled. Any decisions to cancel programs will be made a minimum of 3 days prior to the program start date. All participants will be informed via email or telephone.

### CANCELLATION POLICY FOR NSWC BANQUETS & SPECIAL EVENTS

Policies may be different dependent upon the banquet or event. Please visit [www.gametime.net](http://www.gametime.net) for details.

### FITNESS REGISTRATION AND CANCELLATION INFORMATION

1. Go to [mindbodyonline.com](http://mindbodyonline.com) to view Fitness Class schedule, pricing and register for classes up to 30 days in advance.
2. Fitness classes must be cancelled within 4 hours of class start time or full fee will be charged to account for session.

All program fees listed in program guides, brochures and publications do not include taxes. Additional GST will be charged upon payment.

### LOOK WHAT WE SELL AT MEMBER SERVICES:

- Tennis Balls
- Stick Tape (Black or White)
- Sock Tape
- Hockey Laces
- White Board Markers
- Winter Hawks Water Bottles
- NSWC Metal Drinking Bottles (For hot or cold beverages)
- NSWC Ties

### SKATE SHARPENING AVAILABLE (Member Only)

Drop off and pick up your skates at Member Services. Time Out sport will pick up and drop them back off within 4 hours (between 6am-3pm). Drop off after 3pm, and they'll be ready by 12 noon the following day. Single, 5 pack or 10 pack available.

### GIFT CERTIFICATES AVAILABLE

Whether or not your friends or family members belong to the NSWC, they can sign up for personal training, fitness classes, and tennis lessons. Stop by Member Services to purchase Personal Training (1 or 3 sessions), Fitness Class (10 pack), and/or Tennis Sessions (1 or 3 sessions) gift certificates.

### Follow us for info, updates and more!

 [facebook.com/myNSWC](https://facebook.com/myNSWC)

 [Instagram.com/myNSWC](https://Instagram.com/myNSWC)

 [twitter.com/myNSWC](https://twitter.com/myNSWC)

# General Club Information

## Clubhouse Rules

### Junior Members - R16

1. The responsibility for supervision and safety of the Junior Members on Club property rests entirely with the parents or guardians. They are expected to behave in an appropriate manner at all times (i.e. no running and yelling) and comply with all House Rules and directions from Club Staff.
2. Pre - school (under six) children must be accompanied by an adult or a responsible Junior Member over the age of 16 while remaining on the premises, including if that child is participating in Child Minding or a registered Club program.
3. When a Junior Member between the ages of six through 10 is on Club premises, a supervising adult or a responsible Junior Member over the age of 16 must be on Club premises at the same time unless the child is in a registered Club program.
4. Junior Members age 11 and older may use the Club facilities without adult supervision unless otherwise noted in the House Rules (i.e. Adult only areas).
5. All unaccompanied Junior Members must leave the premises by 10:00 pm unless they are attending a special function or Club event sponsored for their benefit.
6. Under no circumstances will the Club's premises or any of the Club's Staff be permitted to be used as a substitute for a Child Minder.

### Guest Rules - R21

1. Adult Members (19 years old and over) may introduce, without fee and without limitation, on any number of occasions, Guests who do not intend to participate in any Club activity, but simply to attend or participate in a social occasion. A social occasion for this purpose is considered to be a visit to the Cafeteria, Main Lounge, HTC Lounge, Tiki Bar, a Club social function, or to participate in a game of bridge or billiards.
2. Adult Members may introduce Guests to participate in certain activities of the Club upon payment of a Guest charge. The activities for which a charge is levied are as follows:
  - a) *Swimming*
  - b) *General Skating or Ice Hockey*
  - c) *Tennis, Squash, Racquetball*
  - d) *Sauna, Steam, Whirlpool*
  - e) *Fitness Centre*
3. With the consent of the Primary Member, Junior Members, aged 18 and under, are permitted to introduce Junior Guests to participate in the activities outlined for Junior Guest Fees.
4. Junior Members are permitted a maximum of two social Guests at a time. All junior Guests must be signed in and must be accompanied by the sponsoring Junior Member who is responsible for the behavior of their Guests in the Club.
5. All Rules applying to Members will apply to Guests.
6. Guest privileges are available on a daily basis for a Family (available through Member Services). Guest cards must be shown when using the Club.
7. Guest privileges are available on a weekly basis for out - of - town visitors (available through Member Services). There are per person or per Family rates per week up to a maximum period of eight weeks in any year. Guest cards must be shown when using the Club.
8. The names of all Guests must be entered in the Guest Register to provide a record of who is in the Club in case of phone calls, etc. Guests must be accompanied by their Member sponsor who is responsible for their deportment while in the Club. Guests not signed in may lose Guest privileges indefinitely.



9. Each Member is allowed a maximum of four

participating Guests per month, none of whom may be introduced more frequently than twice per month in total - to clarify, no Non - Member individual may be granted Guest Privileges more than two times in any given 30 day period, whether by a single Member or multiple Members. In cases where a Guest has not been registered or a Guest Fee paid, there will be an unregistered guest charge of \$50.00 (See Current Fees, Dues, Fines, and Assessments attachment) for first offence, \$100.00 (see current Fees, Dues, Fines, and Assessments attachment) plus a week's suspension for a second offence.

10. Guests of a Member will not be permitted to find another Member to sign for him/her to prolong the visit. The Guest has to leave at the same time as the Member who initially accompanied him/her.
11. Members who resign from the Club will not be permitted to register for Club Programming and/or Private Lessons for a period of six months after cancellation.
12. Members are responsible for the behaviour of their Guests in the Club. Every Member introducing a Guest to the Club will be responsible for any damage or loss caused by the Guest. It will be the responsibility of the Member to recover the cost of any damage to the Club by a sponsored Guest. The costs for any such damage or loss will be posted to the Member's account.

## Facility Rentals - R59

- Members may rent facilities at the Club for personal use.
- Subject to approval by the General Manager, Members may not rent facilities at Member rates under any condition where a profit is made through the use of those facilities. Non - Member rental rates would prevail.
- Outside personal trainers, coaches or instructors are not permitted to provide their services in Club facilities unless approved by the Sports Director and General Manager. Club trainers, coaching staff and instructors are available through the Athletics Departments and must be on the Club's approved coaching list which is reviewed annually.

For room bookings and catering inquiries, please contact [bookings@nswc.ca](mailto:bookings@nswc.ca) .

## Guests visiting the North Shore Winter Club

### Welcome to the North Shore Winter Club!

As a visiting guest to our Club, we want you to enjoy your experience during your visit. You have been granted temporary access to the privileges of our Club for playing and spectating purposes. We have plenty of amenities to make your visit enjoyable. The NSWC is a Private Members Club, and the members of this Club have carefully drafted Rules & Regulations that govern the club, for the benefit and the safety of its members, and to protect the privileges that membership brings. We hope that this information will help you and your team during your visit.

We have plenty of underground and street parking at our Club for our guests. The upper parking lot is reserved for member parking only; all vehicles must display a member decal. Once parked on the street or in our underground guest parking, individuals and teams may access the Club through the front entrance doors, and we require that all guests sign in at the front desk. The ice, hockey dressing room, tennis and pool schedule is posted just inside the lobby. If you need any assistance, our front desk staff will be happy to direct you.

We ask all teams, members and guests, to ensure that the hockey dressing room is left in the same condition as it was before the game. In the unfortunate event of abuse or damage to the dressing room or Club property, the team's coach and manager will be held liable for any repair costs.

Teams may warm - up in the Hockey Training Centre (HTC) or outdoors. Visitors/Guests are not permitted to warm - up in hallways or in the Members Only Fitness areas.

As with most Private Clubs, the NSWC does have designated areas that are restricted to members only, and in some cases, Adults Only. We ask that you please respect these limitations. Areas that are accessible to visiting guests for games/matches/events/swim meets include: Café, Bar/Lounge, Tiki Deck, Lower Indoor Arena Viewing gallery, Rink Arena Viewing area, HTC Viewing Lounge, Tennis Viewing areas, Pool Viewing & Child Minding.

Please note the Upper Viewing gallery is designated for Members Only. Guests are not permitted to use the Upper Viewing gallery unless accompanied by an Adult Member.

The following areas permit the consumption of alcohol: Bar/Lounge, Café, Jim Graham Room, Lower Viewing gallery, HTC Viewing Lounge, & Tiki Deck. Visitors/Guests are permitted to dine in the Café, Bar/Lounge and Tiki Deck, as well as purchase items to go to viewing areas. Liquor, for visitors/guests who are 19 years of age and older, may not be consumed or carried through areas that are not under the license. If in doubt, our staff will be more than happy to assist you. Welcome again, and if you have any questions at anytime before or during your visit please contact the front desk staff at 604-985-4135.

Sincerely,

**Joanna Hayes | NSWC General Manager**  
[jhayes@nswc.ca](mailto:jhayes@nswc.ca)



## J A N U A R Y 2 0 2 0

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Friday Fun Night TNT Tournament Jan 2-5	4
5 TNT Tournament Jan 2-5	6	7	8	9	10 Friday Fun Night	11
12	13	14	15 Grand Slam Australian Open Tennis Women	16 Grand Slam Australian Open Tennis Men	17 Friday Fun Night	18
19	20	21	22 Club Championship Singles Tennis Jan 20 - 24	23	24 Friday Fun Night	25
26	27	28	29	30	31 All Star Hockey Games Friday Fun Night	

## F E B R U A R Y 2 0 2 0

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Superbowl Party	3	4	5 Club Championship Doubles Tennis Feb 3-7	6	7 Friday Fun Night	8
9	10	11	12	13	14 Cammi Granato Female Invitational Feb 14-17	15
16 Cammi Granato Female Invitational Feb 14-17	17	18	19 Club Championship Mixed Doubles Feb 17-21	20	21 Friday Fun Night	22 Winter Bash Tennis
23	24	25	26	27	28 Friday Fun Night	29



## MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 Friday Fun Night	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
Spring Break March 16-27						
22	23	24	25	26	27	28
Spring Break March 16-27						
29	30	31				

## APRIL 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Friday Fun Night	4
5	6 Midget Hockey Banquet	7	8 Female Hockey Banquet	9 Initiation Hockey Banquet Easter Egg Hunt	10 Good Friday	11
12 Easter Sunday	13	14	15 Atom Hockey Banquet	16 Bantam Hockey Banquet	17 Friday Fun Night	18
19	20 Pee Wee Hockey Banquet	21	22	23	24 Friday Fun Night	25
26	27	28	29	30		

# Member Moments

## 2<sup>nd</sup> Annual NSWC Alumni Hockey Game



*This past July we hosted our 2nd Annual NSWC Alumni Hockey Game!*

Current NHL players Jordan Weal (Montreal Canadiens) and Nic Petan (Toronto Maple Leafs) joined a host of young guns as well as some old-timers in a high-flying North Shore Winter Club alumni hockey game. 2018 Olympic bronze medallist Stefan Elliott and hockey analyst and former NHLer Dave Tomlinson also hit the ice, along with several young prospects and NHL draftees such as Jordan Bellerive, Cole Moberg and David Tendeck. The game featured many current Winterhawks out watching a very talented group of former NSWC players. A huge thanks to all the players who came out and put their talent on display for all of us! Also, a huge thank you to LaFarge for sponsoring the event! Looking forward to next year's game already!

## Cammi Granato Hockey School



*This past August, NSWC hosted the Cammi Granato Hockey School!*

For young female hockey players, this summer presented a rare opportunity here at the North Shore Winter Club: a chance to be mentored by a trailblazer who captained the U.S. women's hockey team to inaugural Olympic gold, and also led them to nine world championship medals.

A decade later, she's bringing her hockey school back to the North Shore Winter Club. Each six-hour day at camp features two on-ice sessions, leadership and team-building activities and dry-land workouts. Granato will be joined on ice by her niece Ally Granato, who plays for the University of Vermont, and former Concordia University teammate Erin Leslie, who will lead the off-ice activities.

*"It's more than just sending your kid off on the ice," she said. "It's about teaching them they're special, they're important. We make it fun and teach about the power of the group."*

Although the Canadian Women's Hockey League folded earlier this year and the U.S.-based National Women's Hockey League is barely holding on, Granato thinks the women's game remains on the upswing.

Just look at Kendall Coyne-Schofield's — a former Granato camper, she pointed out — performance at last season's NHL All-Star Game. *"She showcased where women are,"* Granato said. For her part, Coyne-Schofield has credited Granato in the past for inspiring her to believe she could become a star for the American's women's team. And how young fans now view women's hockey says plenty, too. *"The momentum right now for women's sports is better than ever,"* she said. "We're seeing stuff happening now that we were hoping for 20 years ago."

*"This generation is growing up not differentiating,"* she said. *"You don't need to be defined as a 'women's' hockey player anymore. I was just a hockey player."*

Source: Payne, Jason "Cammi Granato bringing 'girl power' hockey school to the North Shore." The Province [Vancouver], 9 Aug. 2019.

We are extremely excited to announce that Cammi will be a part of our February Female Hockey Tournament which is being renamed to the Cammi Granato Female Hockey Invitational.

### *Live Music Series*

Looking back at warmer days and NSWC Live Music Series that happened on select Friday nights throughout the summer. Live musicians Adam Woodall, Jared Sutor and Mike Bertini and DJ Goodspin filled the Tiki deck and pool areas with music throughout the evening. We had drink features for the adults, BBQ for all and face painting, bouncy castles, games and swimming for the kids. They were fun, social and relaxing evenings for all that attended.

We are happy to continue this throughout the fall and winter in our lounge. Keep your eye out for upcoming nights.



### *Tennis Grand Slam*

**US Open Sept 2019**

#### **LADIES**

##### **WINNERS:**

Karen Bertini and Kristy Tafel

##### **RUNNERS UP:**

Kelley Lusk and Kara Gibson



#### **Wimbledon Men**

#### **MEN**

##### **WINNERS:**

Greg Johnson and Louie Dapavo

##### **RUNNERS UP:**

Rob Radloff and Mike Riml



## Featured Athlete

# Chloe Primerano



**Age:** 12

**How many years have you been playing hockey?**

8 years

**What is your favourite hockey player?**

Brent Burns.

**Who do feel you play most like?**

I think I play like Duncan Keith of the Chicago Blackhawks.

**What is your biggest accomplishment in hockey?**

Atom A1 regular season and playoff champions and winning bronze at provincials.

**Who is your biggest role model in the sport and why?**

Brent Burns- I love the way he plays because he has played forward and defence at an all-star level and I want to be able to do the same. Also, because he is a good leader.

**Do you have any good luck rituals or superstitions before games?**

Flipping the puck on my stick by the rink before games. Also, I like to be at the rink super early.

**What is your favorite pre-game meal?**

Steak and mashed potatoes

**Besides hockey, what other activities do you enjoy?**

Basketball, football, basically all sports.

**What do you enjoy most about playing at the NSWC?**

I get to see so many kids all the time and get to enjoy all of our accomplishments together.



# SANTA'S BREAKFAST

SATURDAY, DECEMBER 7  
REGISTER ON GAMETIME



## Food & Beverage

The North Shore Winter Club offers several dining options to please those that need quick nutrition after their practice or workout, or those that want to enjoy some time socializing with snacks and beverages.

### Café

The North Shore Winter Club Café fits delicious and nutritious meals into your busy schedule. Stop by for a variety of snacks, healthy salads and sandwiches, or rice and noodle bowls.

#### HOURS OF OPERATION

Monday	7:00am - 8:00pm
Tuesday	7:00am - 8:00pm
Wednesday	7:00am - 8:00pm
Thursday	7:00am - 8:00pm
Friday	7:00am - 8:00pm
Saturday	8:00am - 8:00pm
Sunday	8:00am - 8:00pm

*\*Hours are subject to change.*

### Lounge

The Lounge is a perfect location to meet friends for dinner, catch up with a colleague over a drink, or watch the game on our large screen TVs. Whatever the reason, treat yourself to great food and beverage selections.

#### HOURS OF OPERATION

Monday	3:00pm - 1:00am
Tuesday	3:00pm - 1:00am
Wednesday	3:00pm - 1:00am
Thursday	3:00pm - 1:00am
Friday	11:30am - 1:00am
Saturday	11:30am - 1:00am
Sunday	11:30am - 12:00am

*\*Hours are subject to change.*

### Tiki Deck

In the summer months, the Tiki Deck is located on our patio overlooking the pool and is a great place to relax after a busy day as the sun sets over the North Shore Mountains. The full Lounge menu is available to order.

## Catering

The North Shore Winter Club is the perfect setting for meetings, awards dinners, anniversary parties, weddings, rehearsal dinners, milestone birthdays, memorials, banquets, or fundraising galas. Accommodating groups of five to 220 people, the NSWC offers meeting rooms, dining areas for smaller events, a large ballroom, and an outdoor venue. Whether it's a meeting of the minds over dinner, a corporate retreat, or entertainment and accommodations for professional guests, we've got the facilities and a high level of personalized service to help you.

The Jim Graham room holds up to 220 people and includes a built - in digital projector and screen, a sound system, wireless microphones, and much more. The social lounge, which holds up to 40 people, has a beautiful view of our famous outdoor pool and is perfect for breaks, lunch, or pre - dinner receptions. The hockey viewing lounge is ideal for birthday parties, social gatherings, or meetings while the children play below on the ice or the in the open training centre. The Bar/Lounge or outdoor patio is a more casual dining experience for a small group or up to 80 people. The Board Room can accommodate up to 16 people and is equipped with convenient meeting resource tools.

- Celebrate occasions in a private setting
- Locally inspired menus with fresh ingredients by the Chef
- Attentive, experienced dedicated staff
- Ample underground parking
- Complimentary coat check services
- Conveniently located just over the Second Narrows Bridge

**For more information and to book your event contact [bookings@nswc.ca](mailto:bookings@nswc.ca)**

Members booking catering events will receive 15% off their food and liquor bill by billing to your NSWC account.





# Sugar Cookie Trees

**Prep Time:** 20 min

**Total Time:** 30 min

**Yields:** 8

## INGREDIENTS

- 1 tube sugar cookie dough
- 1/2 c. butter, softened
- 2 c. powdered sugar
- 1 tsp. vanilla extract
- 2 tbsp. heavy cream
- green food coloring
- 1/2 tsp. salt
- Christmas nonpareils
- Yellow mini m&ms or sprinkle stars

## DIRECTIONS

- Preheat oven to 350° and line a medium cookie sheet with parchment paper. Make balls 1, 2, and 3 teaspoons large. Place on baking sheet and bake 5 minutes, remove smallest cookies and bake 3-4 minutes more. Remove from oven and let cool on a cooking rack.
- In a large bowl using a hand mixer, beat butter until fluffy. Add powdered sugar and beat until combined, then add vanilla, heavy cream, food coloring, and salt and beat until combined. Add more food coloring until desired color is reached. Transfer to a piping bag with a medium star tip.
- Onto the largest cookie, pipe a circle of frosting. Top with the medium cookie, pipe another circle of frosting, and top with the smallest cookie. Pipe a point on the smallest cookie. Decorate with sprinkles and top with a sprinkle star or a small yellow m&m. Serve.



## Cranberry Old Fashioned

You can use whatever your favorite bourbon is for this recipe. Maker's Mark is my go to bourbon, but there are lots of good ones out there.

The bourbon is really the star of this Cranberry Old-Fashioned as it should be in an Old-Fashioned. The cranberries are just there for a little flavor and color.

This recipe is super easy to mix together in just minutes. For each drink you'll need 2 tablespoons of cranberry sauce. I use a canned jellied cranberry sauce. It dissolves well in the drink.

You'll also need 1 sugar cube, an orange slice, and a few drops of bitters. Muddle them together and then add 1/4 cup of bourbon (this is a strong drink!), ice cubes, and a splash of club soda.



# SKATE SHARPENING

BY TIME OUT SPORTS



TURNAROUND TIME IF  
DROPPED OFF BETWEEN

6AM

&

3PM

PASSES ARE  
AVAILABLE TO  
PURCHASE:

1

SHARPEN

5

SHARPENS

10

SHARPENS

SKATES DROPPED OFF AFTER 3PM WILL BE AVAILABLE  
FOR PICK UP BY **NOON** THE FOLLOWING DAY →

DROP-OFF AT MEMBER SERVICES



TIME OUT  
**Source**  
for sports



# NESPRESSO®

## PROFESSIONAL

Nespresso Professional is now available at the North Shore Winter Club, we hope you enjoy many **#nespressomoments** to come.

Our coffee is sourced through the AAA sustainability program to ensure each cup has a positive impact. All our capsules are entirely recyclable and the coffee grounds are used for high quality compost.

Help us preserve the earth.





# Dance

## WINTER 2020 PROGRAMS

### ATTIRE FOR BRYN'S DANCE CLASSES

**Tiny Tot, SYTYCD, Stretch:** Non - restrictive, and easy to move in clothing. Ballet slippers or bare feet are fine however please, no slippery socks/tights. Tiny Tots are welcome to dress in costumes as long as they do not restrict movement.

### Jazz / Hip Hop (Girls + Boys):

Loose and easy to move in clothing of choice, and clean non - marking runners.

### DANCE INSTRUCTOR

**Bryn Rasmussen**  
brynasmussen@shaw.ca

Bryn is extremely excited to be in her seventh year of teaching dance at NSWC and can't wait to meet many new faces as well as see lots of familiar ones in class. Bryn proudly holds her I.S.T.D. (Imperial Society of Teachers of Dancing) certification and looks forward to sharing her love, passion and knowledge of dance with her students!

Please contact Bryn directly for private lessons, solo/ duo/trio choreography, special event choreography, dance birthday parties, or any other special dance requests you may have!

### Tiny Tot Dance 'Dance To The Music'

**Ages: 3 yrs 6 mos - 6 yrs**

*(Age exceptions considered with prior approval by Bryn)*

This class is open to beginner dancers- no experience necessary. Does your tiny tot love to strut their stuff and show off their moves around home? Bring them to Tiny Tot 'Dance To The Music' Class where they will have a room full of mirrors to do this in, as well as be guided through some more basic moves to add to their list of 'go to grooves'. This class is sure to be a fun hour, and your little one will be taught the very basics of ballet and jazz technique as well as what it is like to be in a dance class. This class is an amazing confidence builder for Tiny Tots and Miss Bryn welcomes and encourages big imaginations!

**Instructor: Bryn Rasmussen**

**Jan 14 - Mar 10**

**Tue: 9 sessions**

**3:30pm - 4:30pm**

**Member: \$122 | Non Member: \$144**

### Juniors (SYTYCD) 'So You Think You Can Dance'

**Ages: 9 yrs - 14 yrs**

*(Age exceptions considered with prior approval by Bryn)*

This class is two steps up from Tiny Tot and is designed for dancers who have completed two or more dance sessions with Bryn or any other dance teacher. Come dance! Do you have a child dreaming about being in a dance class or maybe even of being on the hit T.V. show 'So You Think You Can Dance'? Come be a contestant for this set of dance classes inspired by the show! Junior dancers will be introduced to jazz, ballet, musical theatre, hip-hop, and more. All contestants will be winners with this fun and upbeat class!

**Instructor: Bryn Rasmussen**

**Jan 14 - Mar 10**

**Tue: 9 sessions**

**4:30pm - 5:30pm**

**Member: \$122 | Non Member: \$144**



## Ballet Technique + Stretch

**Ages: 6 yrs - 14 yrs**

*(Age exceptions considered with prior approval by Bryn)*

This class is designed for all levels, and Bryn will adjust material accordingly. Everyone welcome, from beginners to dancers with experience! Ballet Technique + Stretch is a one-hour long class focused on ballet technique, as well as teaching young ones how to stretch safely and effectively. This class is sure to expand knowledge of ballet technique (fundamental to all styles of dance), proper posture, execution of safe stretches, as well as strengthen balance and coordination necessary for all sports.

**Instructor: Bryn Rasmussen**

**Jan 14 - Mar 10**

**Tue: 9 sessions**

**5:30pm - 6:30pm**

**Member: \$122 | Non Member: \$144**

## Dance Turns & Jumps Tech Class

**Ages: 8 yrs - 14 yrs**

*(Age exceptions considered with prior approval by Bryn)*

This class is designed for dancers with some experience, who have completed three or more dance sessions with Bryn or any other dance teacher. Turns and Jumps Tech Class is a new class designed specifically for dancers looking to improve their jazz, lyrical, and ballet turns and jumps. This class is a perfect addition for dancers already in other classes, and is sure to boost confidence needed when executing various turns and jumps in any dance class. Emphasis will be placed on proper positioning and conditioning in order to provide your dancer with the ability to turn and jump the way they have always dreamed of!

**Instructor: Bryn Rasmussen**

**Jan 16 - Mar 12**

**Thu: 9 sessions**

**4:45pm - 5:45pm**

**Member: \$122 | Non Member: \$144**



## Minis (SYTYCD)

**'So You Think You Can Dance'**

**Ages: 6 yrs 6 mos - 8 yrs**

*(Age exceptions considered with prior approval by Bryn)*

This class is one step up from Tiny Tot and is designed for dancers who have completed one or more dance sessions with Bryn or any other dance teacher. Come dance! Do you have a child dreaming about being in a dance class or maybe even of being on the hit T.V. show 'So You Think You Can Dance'? Come be a contestant for this set of dance classes inspired by the show! Mini dancers will be introduced to jazz, ballet, musical theatre, hip-hop, and more. All contestants will be winners with this fun and upbeat class!

**Instructor: Bryn Rasmussen**

**Jan 16 - Mar 12**

**Thu: 9 sessions**

**3:45pm - 4:45pm**

**Member: \$122 | Non Member: \$144**

## Hip Hop /Jazz Funk Open Level

**Ages: 6 yrs - 14 yrs**

*(Age exceptions considered with prior approval by Bryn)*

This class is designed for all levels, and Bryn will adjust material accordingly. Everyone welcome, from beginners to dancers with experience! Hip Hop/Jazz Funk is a one-hour long upbeat class focused on hip-hop fundamentals, grooving, and funky jazz technique with style. Participants can look forward to a fun, high-energy class with choreography to the newest music in town and plenty of opportunity to develop their own sense of style within their dancing. This class is sure to expand knowledge of dance moves, build confidence, as well as strengthen balance and coordination necessary for all sports.

**Instructor: Bryn Rasmussen**

**Jan 16 - Mar 12**

**Thu: 9 sessions**

**5:45pm - 6:45pm**

**Member: \$122 | Non Member: \$144**



## Dance with Christie

### DANCE INSTRUCTOR

#### Christie Saunders

dancewithchristie@gmail.com

www.dancewithchristie.com

Dance with Christie is run by International professional dancer and instructor Christie Saunders. Christie's has twenty years experience in the dance industry and is a sought after dance instructor. She has taught and choreographed all over the world and is thrilled to be able to offer these select classes in her home town of North Vancouver.

### Sampler

The Sampler class is to give little ones a taste of all the classes offered (Ballet, Jazz, Musical Theatre & Hip Hop). The ballet and jazz basics will be taught and fun routines in all styles will be learned. A minimum of 2 styles will be focused on in each class.

**Instructor: Dance with Christie**

#### Ages: 3 yrs - 5 yrs

Jan 13 - Mar 9 (No session Feb 17)

Mon: 8 sessions | 1pm - 1:45pm

Member: \$96 | Non Member: \$112

#### Ages: 4 yrs - 6yrs

Jan 13 - Mar 9 (No session Feb 17)

Mon: 8 sessions | 3:30pm - 4:15pm

Member: \$96 | Non Member: \$112

#### Ages: 3 yrs - 6 yrs

Jan 11 - Mar 7 (No session Feb 15)

Sat: 8 sessions | 10:15am - 11am

Member: \$96 | Non Member: \$112

### Kinder Ballet

Kinder ballet is little one's first introduction to ballet. This structured class will focus on learning basic ballet technique. We will learn body positions, rhythm, and how to carry the body all while using our imaginations and having fun. This class is not parent participation.

**Instructor: Dance with Christie**

#### Ages: 2.5 yrs - 4 yrs

Jan 15 - Mar 11

Wed: 9 sessions | 3:45pm - 4:15pm

Member: \$78.50 | Non Member: \$90

### Jazz/Hip Hop Open Level

This class is for all levels beginner to dancers with experience. Students will learn basic Jazz technique including jumps and turns as well as Hip Hop steps and style while learning to perform dance routines to fun upbeat music.

**Instructor: Dance with Christie**

#### Ages: 5 yrs - 10yrs

Jan 13 - Mar 9 (No session Feb 17)

Mon: 8 sessions | 4:15pm - 5pm

Member: \$96 | Non Member: \$112

#### Ages: 6 yrs - 12 yrs

Jan 11 - Mar 7 (No session Feb 15)

Sat: 8 sessions | 11am - 11:45am

Member: \$96 | Non Member: \$112

### Musical Theatre Club (MTC)

At Musical Theatre Club (MTC) students will learn three disciplines: Singing, Drama and Dance. The class will explore classic and new musicals such as: Annie, Seussical the Musical, Frozen, Peter Pan, Grease, Wizard of Oz and Wicked. Students will learn to act out scenes, play drama games, as well as learn songs and dances.

**Instructor: Dance with Christie**

#### Ages: 5 yrs - 12 yrs

Jan 13 - Mar 9 (No session Feb 17)

Mon: 8 sessions | 5pm - 5:45pm

Member: \$96 | Non Member: \$112

Jan 11 - Mar 7 (No session Feb 15)

Sat: 8 sessions | 11:45am - 12:30pm

Member: \$96 | Non Member: \$112





## Ballet Technique For Young Dancers

This class is specifically designed for young dancers wanting to improve their technique. Ballet Technique classes are the foundation for all training and focus on developing a solid technique for ballet, jazz, lyrical, and contemporary. This class will place emphasis on understanding correct body placement, proper use of turn out, coordination of the upper body, and use of arms. The classes will build strength and coordination. We will be learning correct ballet vocabulary and focusing on alignment. This class is based on RAD training and is good preparation or addition to RAD classes.

**Instructor:** Dance with Christie

### Ages: 6 yrs - 13 yrs

Jan 15 - Mar 11

Wed: 9 sessions | 5pm - 5:45pm

Member: \$108 | Non Member: \$126

### Ages: 5 yrs - 9 yrs

Jan 11 - Mar 7 (No session Feb 15)

Sat: 8 sessions | 1pm - 1:45pm

Member: \$96 | Non Member: \$112

## Boys Only Hip Hop

This is a class for boys ONLY. No girls allowed! In this class we will learn hip hop steps and style to current upbeat music. We will have a demonstration for parents on the last day!

**Instructor:** Dance with Christie

### Ages: 5 yrs - 11 yrs

Jan 11 - Mar 7 (No session Feb 15)

Sat: 8 sessions | 3:30pm - 4:15pm

Member: \$96 | Non Member: \$112

## Competitive Groups

Pre-requisites required. These groups will be entering dance competition in the spring. Classes will run from September to mid June. Dancers are required to attend both classes and must have previously completed at least 3x 8 week session of Jazz/Hip Hop with Christie. It is also strongly recommended that dancers also take a ballet class once a week. For more information please email [dancewithchristie@gmail.com](mailto:dancewithchristie@gmail.com)

**Instructor:** Dance with Christie

### Junior Ages: 5.5 yrs - 8 yrs

Jazz/Hip Hop Competitive Junior

Sep - Jun

Wed: 4:15pm - 5:15pm

Sat: 1:45pm - 2:45pm

Member: \$985 | Non Member: \$1043

## Lyrical Competitive Junior

Sep - Jun

Sat: 2:45pm - 3:30pm

Member: \$376 | Non Member: \$432

### Intermediate Ages: 8 yrs - 13 yrs

Jazz/Hip Hop Competitive Intermediate

Sep - Jun

Mon: 5:45pm - 6:45pm

Wed: 6:00pm - 7:00pm

Member: \$1015 | Non Member: \$1075

### WEDNESDAY BALLET ADD ON

*for all Competitive dancers*

Sep- Jun

Member: \$385 | Non Member: \$420



### SATURDAY BALLET ADD ON

*for all Competitive dancers*

Sep- Jun

Member: \$330 | Non Member: \$360

# Youth Camps & Child Minding

## WINTER 2020 PROGRAMS

### Child Minding

#### Kids Corner

**Ages: 1 yr - 7 yrs**

Drop your children at the NSWC Kids Corner for a couple of hours, so you can attend a fitness or tennis session, visit the gym or relax and watch your other child play a sport. Kids Corner is a warm and inviting environment with experienced staff that provides a fun program of learning through play. The program provides a variety of activities, including games, art and crafts, music and movement, science exploration and reading.

#### HOURS OF OPERATION

**Mon - Fri: 3:30pm - 8pm**

**Sat - Sun: 10am - 4pm**

#### MEMBER PACKAGE

**\$68 mos per child**

*(\$25 for each additional child)*

#### MEMBERS DROP IN

**\$10 hr** *(\$6 hr for additional child)*

#### GUEST DROP IN

**\$12 hr** *(\$8 hr for additional child)*

#### RESTRICTIONS

1. 2 hrs maximum per child per day.
2. Parents required to stay on site.

#### Professional Day Camps

**Ages: 6 yrs - 11 yrs**

Schools out, no problem we have you covered and you don't even have to pack a lunch! Drop your children at the club for a fun filled day of activities. Dates to be determined.

**9:00am - 4:30pm**

**Member: \$65 | Non Member: \$85**

#### Family Easter Egg Hunt

Hop on down to the Club on April 9th! Bring the kids for a fun filled afternoon with an Easter egg hunt, arts and crafts and more. Adult supervision is required at this event.

**Thu Apr 9: 4pm - 6pm**

**Member: \$8 | Non Member: \$10**

#### Spring Break Multi Sport Camps

**Ages: 6 yrs - 11 yrs**

Each week offers multi sport activities, a culinary camp and more.

Lunch and snacks are included.

**Mar 16 - Mar 20 | Mar 23 - Mar 27**

**9am - 4:30pm | \$375 week**

**Member: \$265 week | Non Member**

### Birthday Party Packages

Up to 16 guests / extra charges for additional guests / MAX 30 children

#### HTC Package

2 hour private rental of the HTC  
Includes small ice, goalie training ice and dryland area

#### Bouncy Castle Package

2 hour private rental of the HTC  
Includes dryland area with Bouncy Castle, 1 Party Host for 2 hours, 2 hour private rental of the HTC Lounge

#### Dance Party Package

1 hour of dance with certified dance instructor Bryn Rassmusen  
2 hour private rental of one of the NSWC's rooms

#### Sportball Package

Sportball will customize your child's birthday party to the sports you desire in an action packed party. This one - hour, coach - led active and fun celebration is sure to be a hit. Coaches provide all equipment, and parents assist. 2 - hour NSWC party room rental is also included. Saturdays: 1 - 3pm.

#### Meal Plan Options

- 2 slices of pizza per person and veggie platter with dip
- Chicken strips and fries

*\*All meal plans include 3 jugs of pop. Other Add - Ons Available. Please inform us of any dietary restrictions in advance.*

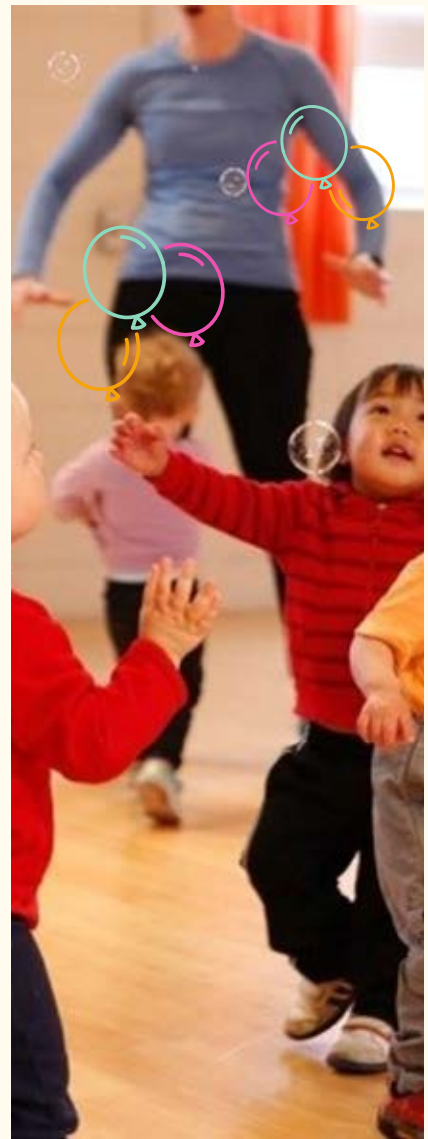
#### All Parties

Must be booked 2 weeks in advance  
Price includes tables, chairs, utensils & plates.

No outside food or drink is permitted in the Club with the exception of Birthday Cake.

**For Party bookings and inquiries, contact [bookings@nswc.ca](mailto:bookings@nswc.ca)**





EVERY FRIDAY 5:00PM • ALL AGES • HTC

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# FRIDAY FUN NIGHTS

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FUN GAMES • THEME NIGHTS  
BOUNCY CASTLE • MOVIE NIGHT

# Fitness

## WINTER 2020 PROGRAMS



**GARTH PROUSE**  
Director of Fitness  
gprouse@nswc.ca

The North Shore Winter Club Fitness Centre is an impressive arsenal of machines, equipment, fitness consultants and personal trainers. NSWC fitness staff provide the finest level of instruction to help Members get the most enjoyment out of the facilities, reach personal goals and develop a fit and healthy lifestyle. Provided on site are private and group training and fitness classes. Classes and programs for beginners to elite athletes, the Fitness Centre facilitates the ultimate personalized training program.

## Personal Training

### Personal Training: 1 on 1

Personal training sessions are structured to maximize your personal fitness needs and goals. A friendly relationship with one of our trainers ensures you get on track and stay motivated. Your trainer will design each workout considering the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

**Member: \$75 | Non Member: \$85**

### Group Training: 2 - 5

Group training sessions have become very popular as working out with others is motivating, fun and cost effective. The experience is similar to that of a one on one session as our trainers have the ability to coordinate multiple clients while still giving personal attention. The trainer designs each workout considering the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

**2 - Member: \$50 | Non Member: \$60**

**3 - Member: \$40 | Non Member: \$50**

**4 - Member: \$35 | Non Member: \$45**

**5 - Member: \$30 | Non Member: \$40**

### Team Training

We work with teams of varying ages, sports and levels. Our open concept Gym design + Athletes area allows us to train Teams efficiently and effectively. Each session is designed around the demands of your sport and the general athletic ability and age of your team.

**Member Team: \$150**

**Non Member Team: \$200**

### Program Design

We offer individualized programs for those who prefer training on their own. The program is designed with consideration to the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

#### One session & Program

**Member: \$100 | Non Member: \$125**

### Fitness Centre Hours

**Monday - Sunday 6am - 10pm**

Members must be 13 years of age to access the Fitness Centre, unless attending a Club program designed for under - age users or under parental supervision. Members under the age of 8 are not permitted to use the Fitness Centre.





## Fitness Classes

Fitness enthusiasts have the flexibility of attending a variety of fitness classes throughout the week. Drop - in or 10 - 20 class passes may be purchased at any time prior to class. Reservations for classes should be made in advance online through MINDBODY. You may remove yourself from a reservation up to 4 hours before class without penalty.

## Prices

**Drop - in: Member \$18 | \$22 Non - Member**

**10 Pass: Member \$160 | \$190 Non - Member**

**20 Pass: Member \$280 | \$340 Non - Member**

**Intro Pack: 3 classes Member \$35 | Non Member \$42**

## CLASS DESCRIPTIONS

### Strength and Circuit

Fitness is coming!! This is your ultimate one hour strength & conditioning workout. Suitable for all fitness levels, each class focuses on the whole body incorporating strength and power training, aerobic and anaerobic conditioning, agility, core strengthening and mobility. Every session is different from the one before but programmed with intent on overall improvement.

### Indoor Cycling

This class combines endurance, cardio and increasing strength through high intensity drills and recovery as you simulate an outdoor ride on our Keiser stationary bikes. Using gears to maximize hill climbs and RPM's to build speed, this class will challenge your heart, lungs and legs.

### Cardio & Core

The cardio section of this class incorporates high intensity, interval training using Treadmills, Rowing Machines, Spin Bikes and Air Bikes. Every session begins with a dynamic warm - up ensuring your body is prepared for the workout ahead. The latter portion of the session we focus on Core Strengthening and Midline Stabilization using TRX, Med Balls, Stability Balls, Bands and Mats. Workouts are constantly varied with the goal of continuous improvement.

### Pilates

This class will improve flexibility, balance, coordination and agility. Pilates makes the body stronger and leaner through targeting specific muscle groups through body weight and strength. With focus on flexibility, you will see improved balance, coordination, agility, and also prevent injury. You can also expect a heightened sense of mind - body connection, as breath work is an integral part of this training - not only as a method to clear the mind and bring about focus, but also as a tool to engage the core more effectively.

## Hatha Yoga

Focusing on alignment and the basic shapes of yoga asana, this class integrates the importance of breathing and movement to create balance. Ideal for those just starting a yoga practice as there is time and space to receive personal attention and clarification on the postures. There is also opportunity to deepen your existing practice and as such, each class is structured around the needs of those students. If you are looking to open your hips, strengthen your arms/ shoulders and stretch out that lower back, this class is for you.

## Gentle Hatha / Yin Yoga

A midweek break to restore and relax. Join us for an evening of heart opening and hip/back stretching. Sitting at a desk, walking/hiking/skating/running - all tighten up the fronts of your legs and round you through the back. After this class you will feel taller and more open; more supple and calm - relaxed from the inside - out. essential oils, blankets...ahhh.

## Powerflow Hatha

Get a jump on your weekend with this energizing, yet balancing class. Based in alignment and contingent on student's levels we begin with a full body stretch and warm up. Poses deepen, quicken and build both in intensity as well as pace as we approach the vinyasa series. Sun Salutations often represent the peak of the class ensuring increased heart rate and the sense of accomplishment. The class winds down with poses geared to continue the process of opening/lengthening but also to connect and slow down. Based on who attends, time will be allotted for "Play" so that those interested can practice more challenging balance poses if desired. A fun, social class open to all, geared to those willing to "try".



## PERSONAL TRAINERS



### GARTH PROUSE

Garth is an industry veteran with extensive expertise training private clients, coaching teams, and teaching a variety of fitness classes. With over twenty years of experience in the fitness industry, he has helped clients of all ages attain their maximum physi-

cal potential and overall health goals. Garth's approach to strength and conditioning has helped enhance the performance of his varied clientele, not limited to but including professional and junior athletes, children, teenagers, expectant mothers, business professionals, and seniors.

Garth is a former member of Canada's National Rugby Team, as well as a BC Junior A Hockey alumni. His time in the BCHL with the New West Outlaws, Surrey Eagles, and Trail Smoke Eaters taught him resilience, discipline, and patience, as did competing amongst some of the fittest in the world as one of the first Canadians to attend the CrossFit Games. Now retired from competitive sport, Garth carves out time to serve as the head coach of the Capilano Rugby Club. His experience with high - level athletics lead him to develop a unique training method, focused on proper mechanics, balanced programming, and encouraging clients to reach their desired levels of physical performance through safe and consistent progress.

As the Director of Fitness at the NSWC, Garth oversees all fitness operations, providing leadership for team and group classes as well as personal training. Garth manages the strength and conditioning for hockey, tennis, and swimming, whilst creating and coaching new class formats and generating a fantastic culture and environment for all fitness users.



### SAM HUSTON

Sam played Minor hockey here at the Club as the number one goalie on several dominant teams. With playing experience in the WHL and BCHL, Sam understands the hard work, commitment and dedication it takes to make it to the next level. The primary

focus of Sam's training is assessing and addressing his clients strengths and weaknesses in order to find ways to challenge them to get stronger each and every day. Sam creates a demanding and engaging training environment and concentrates on areas pertaining to the specific requirements of an athlete and how they relate to sport and life. This includes balance, foundational strength, functional and dynamic movements, core activation, speed, agility, quickness, power, flexibility, and body maintenance.



### NICK RICCARDI

Nick has been working at the NSWC since 2013, training a variety of clients including those returning from injuries to various groups of dry land hockey players. He has spent many years rehabbing his own serious injuries and has always come back stronger and

smarter. Because of this, Nick focuses on prevention and maintaining a balanced, focused program tailored specifically to each of his clients. Nick has played hockey since he was a child, spent many years training in martial arts, teaches self defense, and coaches soccer professionally. Whatever sport, Nick can help!





### OISÍN REYNOLDS

Born in Dublin, Ireland, Oisín has followed his passion as a personal trainer and a group exercise leader for over twelve years, specializing in rehabilitation and postural re - alignment.

Wanting to challenge himself both mentally and physically, Oisín joined the Canadian BC Wildfire Service in 2016 and fell in love with Canada. Oisín found his niche on the North Shore and opened two companies 2017 and 2018. Currently, Oisín is collaborating with the BC Dental Association to better educate dentists on correct posture, aiming to minimize work related injuries and provide practical solutions for dental professionals. Oisín is also works with seniors in various senior centers in the Lower Mainland, focusing on minimizing slips, trips, and falls among the elderly demographic.

Oisín believes that through education and awareness, people of all ages and professions can learn to live pain free. His philosophy emphasizes that physical structure will ultimately dictate its function and with corrective strength training in conjunction to light rehabilitation, results can be outstanding.



### KIANA WATSON

Kiana started hockey at the age of 4, playing minor hockey at various levels until Midget which she spent all 3 years playing Major Midget with the West Coast Avalanche. Kiana played Junior in the JWHL for Northwood school in

Lake Placid, New York where she received various NCAA offers for the following season. Kiana ended up committing to Boston University but wasn't able to follow through because of multiple concussions, subsequently ending her hockey career. Growing up Kiana participated in various sports, from soccer, inline hockey, gymnastics and field hockey but hockey was her true passion. She is currently working towards her Human Kinetics degree at Capilano University. Kiana is excited to join our team here at the NSWC and looking she's forward to helping our members achieve their fitness goals!

## FITNESS



## INSTRUCTORS

### JOANNE ROG

Joanne is a Certified Stott Pilates Instructor in Matwork, Barrels, Barre, and Reformer. In order to gain more experience, Joanne attained certifications in Yoga (200 hours) and YIN Yoga and has an in - depth knowledge of equipment, modifications, and props. Joanne is passionate about teaching and helping clients to become strong, balanced, and flexible. She's been teaching since 2006 and has been working with students at YYoga, ICBC, Equinox Integrative Wellness Center, and at the NSWC since she moved to Vancouver eight years ago. She hopes to see you in one of her classes soon!

### ALANA TAYLOR

Alana Taylor is a yoga teacher, musician, and ocean lover. She has taught yoga for several years and loves seeing



people transform, range of motion increasing and energy becoming more calm, focused, and consistent. Alana is so grateful to be a part of each of her students' journeys.

In addition to yoga, Alana sings because if feels good and



# Minor Hockey

## WINTER 2020 PROGRAMS



**AARON WILBUR**  
Director of Hockey  
awilbur@nswc.ca



**BOB MCCUAIG**  
Manager of  
Hockey Admin  
bmccuaig@nswc.ca



**EMILY ALLEN**  
Hockey Program &  
Events Coordinator  
eallen@nswc.ca

### Learn to Skate *(For Hockey)*

**Ages: 3 yrs - 5 yrs**

This class will focus on hockey player's foundations, set up, stance, edge control and balance. This class is perfect for children who wish to gain confidence and the necessary skills before entering Cookie Monsters or H1. Equipment needed: Helmet with cage, hockey gloves & skates.

**Jan 11 - Mar 7**

**Sat: 8 sessions** *(No session Feb 15th)*

**8am - 8:45am or 10:15am - 11am**

**Member: \$120 | Non Member: \$144**

**Jan 8 - Mar 11**

**Wed: 10 sessions | 1:15pm - 2pm**

**Member \$150 | Non Member: \$180**

### Cookie Monsters

**Ages: 5 yrs - 7 yrs**

The NSWC Cookie Monster Program will help introduce young players to the game of hockey. We will host three skill levels over the fall to best suit your child's development. We will teach the fundamentals utilizing drills as well as games in a fun learning environment. Players will be separated on skill level and maturity to place them in a successful atmosphere. Full hockey equipment is required.

#### BEGINNER

**Jan 7 - Mar 7** *(No session Feb 15th)*

**Tue & Sat: 17 sessions**

**Tue: 4:30pm - 5:15pm**

**Sat: 8:45am - 9:30am**

**Member: \$255 | Non Member: \$306**

#### INTERMEDIATE / ADVANCED

**Jan 7 - Mar 7** *(No session Feb 15th)*

**Tue & Sat: 17 sessions**

**Tue: 5:15pm - 6pm**

**Sat: 9:30am - 10:15am**

**Member: \$255 | Non Member: \$306**

### Defense Skills

The defense camp provides students a thorough review of the fundamental skills required to play defense, while also expanding their tool box with a better understanding of the position. Skills and tactics covered include defense at and away from the puck, transitional play, offensive zone play and 1/1's. Full hockey equipment is required.

**Jan 11 - Mar 7**

**Sat: 8 sessions** *(No session Feb 15)*

**12:15pm - 1:15pm** **Initiation**

**1:30pm - 2:30pm** **Peewee/Bantam**

**2:45pm - 3:45pm** **Atom**

**Member: \$240 | Non Member: \$320**

### Power Edge Pro

Power Edge Pro is an on-ice player development system utilizing propriety equipment and training patterns. The system focuses on Reactive Countering Training™, engaging multiple motor skills simultaneously to develop a player's small area game performance. All patterns are completed while maintaining puck control and are designed to provide 5x as many repetitions as standard drill based practices, leading to faster development of elite skills. Full hockey equipment is required.

**Coach: Luke Kasteel**

**Jan 12 - Mar 8**

**Sun: 8 sessions** *(No session Feb 16th)*

**4:15pm - 5:15pm** **Initiation**

**5:30pm - 6:30pm** **Atom**

**6:45pm - 7:45pm** **Peewee/Bantam**

**Member: \$320 | Non Member: \$400**

### Power Skating

High performance explosive speed and power training, power skating with NSW's Karen Kos. Quick feet, dynamic agility and stride perfection in and up-tempo, educational environment. Full hockey equipment required.

**Coach: Karen Kos**

**Jan 12 - Mar 8**

**Sun: 8 sessions** *(No session Feb 16th)*

**2:15pm - 3pm**

**Atom**

**3pm - 3:45pm**

**H2/H3**

**4pm - 4:45pm**

**Peewee**

**4:45pm - 5:30pm**

**Peewee**

**5:45pm - 6:30pm**

**H4**

**6:30pm - 7:15pm**

**Atom**

**7:45pm - 8:30pm**

**Bantam/Midget**

**Member: \$240 | Non Member: \$320**

### Edges & Puck Protection

Whether a player is working off the boards, out of the corner, or off the rush, maintaining strong possession requires a combination of edge-work, puck skills and hockey IQ. This offensive-skills program equips players with the tools to maintain puck possession through a progressive curriculum that has been developed by Luke Kasteel and Jon Woodyard. Coaches value players who are highly skilled in the areas of deception, puck control, puck protection, edge-work and agility. These are the skills that allow players to be elusive and stable, enabling them to generate more time and space and ultimately create more offensive opportunities.

**Coaches: Luke Kasteel & Jon Woodyard**

**Jan 10 - Mar 6**

**Fri: 8 sessions** *(No session Feb 14)*

**5:15pm - 6:15pm**

**H3/H4**

**6:30pm - 7:30pm**

**Atom**

**7:45pm - 8:45pm**

**Peewee/Bantam**

**Member: \$240 | Non Member: \$320**

## Adult Skills

Get a taste of what your kids go through in this class targeted for our Adult members who want to improve their skill sets and have more fun in their Sr. Men's games. Luke focuses on skating, puck skills, shooting, and game drills in a fun and social environment that is designed to increase offensive ability. Come try out the program! Drop-ins are available. Full hockey equipment is required.

**Coach: Luke Kasteel**

**Jan 9 - Mar 12**

**Thur: 10 sessions | 12pm - 1pm**

**Members: \$300 | Non Members: \$300**

## Female Adult Skills & 3on3

Looking to improve your hockey skills in a fun, friendly environment? Well come join our Female Adult Skills & 3on3 program! Half the class will be focused on skating, shooting and puck skills, while the last approx. 30 minutes will be a fun 3on3 game where you can put your new skills to the test!

**Jan 9 - Mar 12**

**Thur: 10 sessions | 8:30pm - 9:30pm**

**Members: \$250 | Non Member: \$300**



## Spring Break Programs

Our Spring Break hockey programs are offered for all hockey ages and this spring break, all on and off-ice sessions can be combined together to make a full day spent at the NSWC!

### Power Edge Pro (PEP)

Power Edge Pro is an on-ice player development system utilizing propriety equipment and training patterns. The system focuses on Reactive Countering Training™, engaging multiple motor skills simultaneously to develop a player's small area game performance. Full hockey equipment is required.

**Coach: Luke Kasteel**

**Mon - Fri: 5 sessions | Mar 16 - 20 | Mar 23 - 27**

**8:30am - 9:30am H3/H4**

**9:45am - 10:45am Atom**

**11am - 12pm Pee wee**

**12:15pm - 1:15pm Bantam/Midget**

**Member: \$150 | Non Member: \$200**

### Shooting & Scoring

This stick handling and shooting camp will provide players with a comprehensive understanding of offensive play making, offensive zone development, where to be without the puck and understanding space time and space on the ice. Full hockey equipment required.

**Coach: Tyson Mulock**

**Mon - Fri: 5 sessions | Mar 16 - 20 | Mar 23 - 27**

**9:45am - 10:45am H3/H4**

**10:45am - 11:45am Atom**

**12pm - 1pm Pee wee**

**1:15pm - 2:15pm Bantam/Midget**

**Member: \$150 | Non Member: \$200**

### Hockey Specific Dryland Training

**Mon - Fri: 5 sessions | Mar 16 - 20 | Mar 23 - 27**

**11:45am - 12:30pm H3/H4**

**12:45pm - 1:30pm Atom**

**2pm - 3pm Pee wee**

**3pm - 4pm Bantam/Midget**

**Member: \$150 | Non Member: \$200**

### Speed, Skill & Compete

This program teaches and emphasizes proper technique, form, speed and skill as they apply to the game of hockey. Cole Todd will be teaching players explosive acceleration and stride efficiency as well as agility, quickness, power and speed with and without the puck. Full hockey equipment required.

**Coach: Cole Todd**

**Mon - Fri: 5 sessions | Mar 16 - 20 | Mar 23 - 27**

**2:15pm - 3:15pm Atom**

**3:30pm - 4:30pm Pee wee**

**4:45pm - 5:45pm Bantam/Midget**

**Member: \$150 | Non Member: \$200**

## 2019-2020 NSWC Development Team



### AARON WILBUR

**NSWC Hockey Director  
& Peeewe A1 Head Coach**

Aaron joined the NSWC from the North-west Giants, where he served as Head Coach for the last season and a half. Aaron's coaching resume includes a BCHL championship as an Assistant

Coach and recruiting coordinator with the Penticton Vees (2008), a Keystone Cup (Western Canadian Championship) as Head Coach of the Richmond Sockeyes (2013), and two years as the Assistant Coach of the UBC Men's Hockey program. In 2010, Aaron stepped down from UBC to found The Coaches Site, an online resource for hockey coaches and producers of the TeamSnap Hockey Coaches Conference. Aaron has also traveled extensively to China working on the development of grassroots hockey. In 2014, he produced a documentary on the growth of hockey in China in partnership with the Vancouver Canucks and has acted as the Canucks ambassador in China, overseeing hockey schools and development programs in China and Vancouver.

For ten years, Aaron ran a summer defenseman camp through Vancouver Hockey School and has worked with players from amateurs up to professionals. Aaron's passion is working with defenseman and he has developed a detailed training program that provides defenseman of all levels a solid foundation and tool box to build their game.

Private Lesson Rate: \$150 per hour

Contact: awilbur@nswc.ca



### COLE TODD

**NSWC Development Coach  
& Initiation Coach**

Growing up in North Vancouver, Cole attended Handsworth Secondary School and is now studying Human Kinetics at Capilano University. Cole played his entire minor hockey career at the NSWC

before moving on to the BCMML, when he won back-to-back league championships in 2012 and 2013 for the Northwest Giants. In 2013, he won the prestigious World Invitational Midget Macs Tournament. Cole went on to play three seasons of Junior A hockey for the Prince George Spruce Kings (BCHL) and the Fort McMurray Oil Barons (AJHL). Cole now dedicates his time to developing young hockey players at the NSWC and is the NSWC Peeewe A1 Assistant Coach this season. Cole is also the Lower Mainland Scout for the Prince George Cougars (WHL).

Private Lesson Rate: \$125 per hour

Contact: cole.todd95@gmail.com



### LUKE KASTEEL

**NSWC Development Team  
& Atom A1 Head Coach**

As an offensive skills coach, Luke excels at breaking down complex skills into fundamental pieces to speed up skill acquisition. He has spent countless hours reviewing video to understand the

small details that make players successful and how to teach them effectively. Luke specializes in teaching forward and defenseman specific skills, tactics, and techniques that help them create offensive opportunities and put more pucks in the net. This is done by teaching elite stick handling, fakes, and game-specific moves, along with shooting mechanics and control techniques used by NHL players to get shots through and to open up holes in net. Endorsed by three of Vancouver's best goalie schools, Luke has spent years learning how goalies move, read, and think in order to exploit them.

Luke is a coach who understands how to teach deception in order to control the opposition. He focuses on skills that transfer to the highest levels of hockey in order to condition players with habits that lead to future success. Luke regularly uses NHL video clips as teaching points with his players.

As a player, Luke's career took him all over North America where he learned from coaches at both the pro and junior levels. Moving into a coaching role since retiring, Luke is in his third year with the NSWC. With over seven years of coaching and skill development experience, Luke's technical mind and lifelong passion for hockey have allowed him to work with players from Atom to Pro. When he's not experimenting how to make the perfect cup of coffee, you can find Luke on the ice or in the gym testing out his latest programs and drills on himself. Follow Luke on YouTube and Instagram @lightsteelhockey to see some of his work.

Private Lesson Rate: \$130 per hour

Contact: kasteel26@gmail.com



### BOB MCCUAIG

**NSWC Manager of Hockey Admin  
& Bantam A1 Head Coach**

Bob has been working at NSWC since February 2015. Having been involved in coaching at every level of minor hockey for the past seventeen years, Bob has experience with teams from Atom

through to Major Midget. He coached the Vancouver North East Chiefs, North West Giants, and is currently coaching the Northwest Hawks. Bob has also worked with the BC Hockey High Performance program coaching U15, U16, and U17 programs.

Private Lesson Rate: \$100 per hour

Contact: bmccuaig@nswc.ca





### **JON WOODYARD**

**NSWC Development Team  
& Atom A1 Assistant Coach**

After finishing his career in junior hockey, Jon turned his attention to training and has worked in player development for the past fourteen years. He has trained players on and off the ice from minor,

junior, college, and professional levels.

In his sessions, Jon looks to find the skill limit in a particular area and push beyond it using drill progressions that get players to reach their next level. Enhancing skating stability and fluidity through assessment and adjustment allows players to increase the speed of game specific movements while maintaining puck control and peripheral vision. He often uses the aid of video to give players visual feedback on what they're doing and on the changes they're trying to make.

Jon also specializes in puck skills and has developed a system of enhancing puck feel, puck handling speed, range of motion, as well as step by step instructions of evasive maneuvers and fakes that can be applied and developed for various situations.

Aware that not everyone learns the same way, Jon works to understand what motivates and generates passion for individuals so he can engage players in their own learning process. He sees passion and enthusiasm combined with a player's understanding of how they learn as key ingredients in the development process. Jon hopes to create an environment where a player has learned how they learn and loves doing it!

**Private Lesson Rate: \$130 per hour**

**Contact: jonpwoodyard@gmail.com**



### **JASON LEHOUX**

**NSWC Development Team  
& Atom A3 Assistant Coach**

I played my Junior Hockey career in the Quebec Major Junior Hockey League, which included a total of four years between Rimousky, Rouyn Noranda and Hull. I signed as a free agent with

the New Jersey Devils, played 5 years in the AHL, attended 6 NHL camps, and then retired at the age of 27. After my playing career was over I decided to pursue coaching and became an assistant coach with Drummondville in the QMJHL for 2 years. For the last two decades I have had the chance to coach an array of players, ranging from three year olds to young professional adults. I am looking forward to being a part of the NSWC Development team and helping all our NSWC players grow and development.

**Private Lesson Rate: \$120 per hour**

**Email: lehoux20@hotmail.com**



### **KAREN KOS**

**NSWC Power Skating Coach  
& Novice girls Head Coach**

For the past 22 years, Karen Kos has owned and operated her own Technical Skating business, overseeing program development and working with players in the minor, junior, collegiate and

professional hockey ranks. Karen's approach to technical power skating is unlike any other skating programs in that she applies her extensive educational background and expertise in the field of biomechanics to develop strong skating technique in her students. Throughout her sessions, players gain understanding as to how to move their body efficiently and effortlessly across the ice, implementing key concepts which maximize overall body movement, foot speed, and power. Specific emphasis is placed on breaking down, rebuilding, and fine tuning players' skating techniques utilizing core principles of biomechanics. With this scientific approach to skating, these hockey specific sessions ensure players develop superior skills on a much higher level and at a faster pace. Karen's unique style, quality of instruction, and passion for improving players skating skills brings out the best in all her students in a fun and energetic learning environment.

Karen's knowledge, reputation, and work ethic has placed her in high demand with many minor hockey associations, hockey academies, and hockey schools in the Lower Mainland. Currently Karen is the High Performance Skating Coach at the NSWC as well as the Power Skating Coach for the Prince George Cougars (WHL), the North Vancouver Wolfpack (PJHL), the Vancouver Northwest Hawks, Greater Vancouver Canadians and Cariboo Cougars (BCMML), as well as BWC's Elite 15 and U18 Prep Academy teams (CSSHL).

**Private Lesson Rate: \$150 per hour**

**Contact: karenkos@hotmail.com**



## **TYSON MULOCK**

**NSWC Development Coach & North West Hawks Bantam Zone Head Coach**

Tyson Mulock is a retired professional hockey player who had a long, successful career playing for the Deutsche Eishockey Liga (DEL). Tyson grew up playing hockey in Langley and Delta, where he won the Western Canadian Championships in his second year of Bantam. At age 16, he moved on to play for the Medicine Hat Tigers (WHL) and the Vancouver Giants, where Tyson scored the first goal in franchise history landing him in the Hockey Hall Of Fame. Tyson spent some time with the Regina Pats before moving to Germany for fourteen years.

Tyson won five DEL championships, garnering many league awards along the way, including top goal scorer, top forward, and MVP. He even scored 50 goals in 50 games in two seasons! During the off season, Tyson helped run various camps that focused on shooting, applying the stick handling theory's and offensive zone tactics he's learned over the years. Tyson is now sharing his wealth of knowledge at the NSWC, where his ability to connect with kids is recognized as a true gift.

"Over the two years I played with Tyson, his dynamic release and shot scored us many goals in big games and won us championships. Shooting is an under developed skill in the game of hockey and I would highly recommend Tyson Mulock for all areas in the offensive zone, especially shooting. Become a more confident hockey player and score more goals with Tyson!" - Jeff Friesen, 15 year NHL player

**Private Lesson Rate: \$150 per hour**

**Contact: tysonmulock@me.com**



## **TAYLOR STEFISHEN**

**NSWC Development Coach  
& Pee wee A1 Assistant Coach**

Taylor Stefishen is a North Vancouver native and a product of the North Shore Winter Club. Taylor was a part of the NSWC teams who won the Quebec Pee wee tournament and Western Canadian Bantam Championships. Taylor enjoyed a unique playing career that was highlighted in 2008 when he was selected by the Nashville Predators in the 5th round of the NHL draft. He recently retired from his playing career that included stops in the BCHL, NCAA, WHL, CIS, ECHL, AHL, Serie A (Italy), Magnus Ligue (France), EIHL (U.K.) and Erste Ligue (Hungary).

Taylor brings a wealth of knowledge and experience to the NSWC. Throughout his playing career, Taylor took the time to be a student of the game. He learned from great coaches, teammates, and opposing players. Taylor understands from firsthand experience the sacrifice, commitment, and hard work that is necessary to reach your full potential while still having fun.

The NSWC has not only been an integral part of his success, but a place that has been a second home to him and his family for over 30 years. He looks forward to giving back to an organization that has given him so much.

**Private Lesson Rate: \$120**

**Email: tstefishen@gmail.com**



## **CHRIS SHAW**

**NSWC Development Coach  
& North West Hawks Head Coach**

Born and raised in South Surrey, Chris Shaw played in 168 career BCHL games from 1998 to 2001 for the Victoria Salsa and Burnaby Bulldogs.

In his last season with the Bulldogs, he was named team captain, earning him a NCAA Division I scholarship to Niagara University. Through 2003 to 2008, he played professionally in the Central Hockey League (CHL), United Hockey League (UHL), Southern Professional Hockey League (SPHL), and in the East Coast Hockey League (ECHL) with the Victoria Salmon Kings. In total, he appeared in 244 professional regular season games.

In 2009, Chris began his coaching career as an Assistant Coach with the Alberni Valley Bulldogs (BCHL) before moving on to a Head Coach and General Manager position with the Nelson Leafs (KIJHL). After a year as an Assistant Coach and Assistant General Manager with the Vernon Vipers (BCHL) in 2011, he took over the reigns as Head Coach and General Manager of the Ontario Avalanche (WSHL) for four seasons.

Chris spent the last two years as the Associate Head Coach of the Langley Rivermen (BCHL). This is Chris' first year as Head Coach of the Vancouver Northwest Hawks (BCMML) and as a member of the Development Team at the NSWC.

**Private Lesson Rate: \$125 per hour**

**Email: shawhockeydevelopment@gmail.com**



## **ANDREA BENAC**

**NSWC Development Team &  
Peewee C1 Female Head Coach**

Growing up in Oakville, Ontario, Andrea attended St. Ignatius of Loyola High School. Andrea played her entire minor hockey from initiation to Junior (PWHL) with the

Oakville Hornets. After graduating from junior hockey, Andrea played collegiately in the CIS for the University of Windsor.

Following university, Andrea returned to Oakville and began working on the development team at the Oakville Hockey Academy, running private skills sessions for both girls and boys of all ages. Andrea is currently the head coach of the Female Peewee C1 team at the North Shore Winter Club.

**Private Lesson Rate: \$125 per hour**

**Email: andreabenac13@gmail.com**



## **JARED ENG**

**NSWC Development Team &  
Atom A3 Head Coach**

Jared grew up on the North Shore playing for the North West Giants (BCMML). He recently finished playing professional ice hockey with the Kunlun Red Star Organization

(KHL/VHL). Jared spent time in the BCHL, NCAA DIV 1 and in Sweden before finishing his career in Russia. He also plays for the Team Canada National Roller hockey team.

As a skills coach, Jared works with forwards and defensemen on being innovative and detailed, developing skills that work in games.

He is excited to begin his coaching career and to give back to players at North Shore Winter Club. This will be Jared's first year coaching and being part of the development team.

**Private Lesson Rate: \$120 per hour**

**Email: jared.eng@gmail.com**



## **GUIDO LAMBERTI-CHARLES**

**NSWC Development Coach &  
Minor Midget Head Coach**

Guido Lamberti-Charles is the founder and owner of Euro Elite Hockey & Sniper Shooting in Vancouver. He organizes Hockey Camps

in North America & Europe, due to his worldwide network he is experienced in the transatlantic transfer of professional and junior hockey players.

Before he started coaching in Germany, Belgium, Canada and USA, Guido had an extensive 14 year playing career for several teams in Germany. After his active player career, he moved into coaching in 2002. Guido is certified with the following coaching certifications, level "C" (2001) SPR & "B" (2010) DEB/ IIHF and finished 2015 his High Performance1 with Hockey Canada and USA Hockey level 4. In 2005 he graduated as a Sports Team/Manager (level "C") at the Sportbund Rheinland Academy, Germany.

Guido has been coaching for 20+ years at collegiate, junior, minor and professional levels; he understands the game and tactics very well and is an excellent individual skills coach.

In the last few years, Guido has worked for the following top clubs in North America at University, Major Midget AAA, U18 Prep and Bantam AAA levels:

- *Iowa State University, ACHA Div. 1*
- *BWC, U18 Prep & Midget AAA*
- *North Shore Winter Club, Bantam AAA*
- *North West Vancouver Giants, BCMML*
- *Valley West Hawks, BCMML*
- *North West Vancouver Hawks, BCMML*

Since the 2018/19 season, Guido has been the Head Coach of the North West Vancouver Minor Midget Team.

**Private Lesson Rate: \$150 per hour**

**Email: office@euroelitehockey.com**



## **LYNDEN SAMMARTINO**

**NSWC Goalie Coach**

For the past 10 years I have had the opportunity to follow my passion of training goaltenders of all ages and skill level. My playing career included Junior A with the Yorkton Terriers of the SJHL, winning a league championship and having the chance to play in the Royal Bank Cup. Following my final season I was approached by Brady Robinson (Philadelphia Flyers Development Goalie Coach) to work as the assistant manager of the BC region for the Goaltender Development Institute, which was owned by Ian Clark (Vancouver Canucks Goalie Coach). After seven years of working with Brady he decided to take on a full-time role with Vaughn and I have since started my own goaltending company, LSGC Goaltending (Lynden Sammartino Goaltending Consulting) and in 2015 I was hired on as the Goaltending Development Coach for the Victoria Royals (WHL) as well as the UBC Men's Hockey Team in 2018.

Goaltenders need to adapt to a game that has become faster and more dynamic. Players are now more skilled than ever. I recognize that every goaltender is different and I don't expect them all to play the same style but building a strong foundation is critical. You have to find what their strengths are and build on them while rounding out their weaknesses. I believe that over the past decade goaltenders have become overly robotic in the way they operate. Reads/anticipation ("goalie sense"), and the ability to mentally handle the pressures of consistency have to be key focuses in every goaltenders development. Instincts and athleticism have become secondary. Goaltenders need to achieve a healthy balance of using simplified save processes and proper trajectory tactics/center shifts to allow them to maximize their net presence. If they can combine this with the proper timing/use of athleticism and compete, it'll allow them to make timely saves. A goalies ability to decide between plan A (simplified save process) or plan B (athleticism) in a split second will give them success in the new age hockey.

**Private Lesson Rate: \$175 per hour**

**Email: [lynden@lsgcgoaltending.com](mailto:lynden@lsgcgoaltending.com)**



## **MALCOLM GOULD**

**NSWC Development Coach &  
Atom A3 Assistant Coach**

Malcolm Gould grew up in North Vancouver and spent his minor hockey career at the NSWC. After his time at NSWC, he moved on to play in the BCHL for the Chilliwack

Chiefs, from there he received a NCAA Div. 1 scholarship which brought him to Michigan Tech. Malcolm spent four years at Michigan Tech which resulted in league championships, NCAA tournament appearances and being named to all-conference teams on multiple occasions. From there he went on to play three years professional overseas and in NA (France, UK, ECHL). This year Malcolm is coaching the NSWC Atom A3 team as well as the North Van Wolfpack (JR.B). He is very excited to be back at the club back where it all started and to be working with such talented players at the North Shore Winter Club!

**Private Lesson Rate: \$135 per hour**

**Email: [mdgould@mtu.edu](mailto:mdgould@mtu.edu)**





## TNT JANUARY 2 - 5, 2020

We are entering our 24<sup>th</sup> year of hosting the TNT (Tyke n Novice) Tournament! This is the largest initiation hockey tournament in all of British Columbia. Every year we (NSWC & its amazing volunteers) work to make it an even better event than the last! We have been able to grow this tournament to over 60+ teams for the past few years.

The goal of TNT is to provide a fun and exciting atmosphere for the next generation of young hockey players, year after year. All funds raised are directed back to our youngest players to enhance their individual and team development. In the past, funds have been used to purchase all new goalie gear, practice jerseys, and game jerseys, as well as to provide all our Initiation/Novice players with weekly development sessions.

If you're interested in sponsoring this amazing event, take a look at some of our sponsorship options listed below and feel free to reach out to Emily Allen at [eallen@nswc.ca](mailto:eallen@nswc.ca)

Let the countdown to January 2<sup>nd</sup> begin!

SPONSORSHIP PACKAGES	PLATINUM SPONSOR \$6,000 (1 Available)	GOLD SPONSOR \$2,500 (2 Available)	SILVER SPONSOR \$1,500 (4 Available)
Logo on player t-shirts	✓		
Logo on player cinch bags	✓		
Logo on player toques	✓		
Back page (full colour) ad in TNT program guide	✓		
On-site promotional booth	✓	✓	✓
Rink board advertising for a year (2020)	✓	✓	
Logo on TNT Tournament signage throughout facility	✓	✓	
Logo on NSWC's Tournament website	✓	✓	✓
Logo included in social media campaign through Twitter and Instagram	✓	✓	
Full page ad in TNT program Guide		✓	✓

### OTHER SPONSORSHIP OPPORTUNITIES:

- Full Page Ad (\$1,000)
- Half Page Ad (\$500)
- Quarter Page Ad (\$250)
- Silent Auction donation (Gift cards, Tickets, etc)
- Player Swag donation (Snacks, clothing, H2O bottles)
- On-Site Promotional Booth (\$100 for the four-day tournament)

CONTACT EMILY ALLEN [eallen@nswc.ca](mailto:eallen@nswc.ca) FOR MORE INFORMATION





**NORTH SHORE WINTER CLUB**

# **2019-2020 MINOR HOCKEY TOURNAMENTS**



**December 27 - 30, 2019**



**January 2 - 5, 2020**



**February 14 - 17, 2020**

# Sportball

## WINTER 2020 PROGRAMS



We believe there's a sports experience for every kid, at every stage. Ball, racquet or net: our expertly coached, skill-based programs are designed to promote physical literacy and build self-confidence, so every kid can get in the game - and stay in the game. We know that kids learn best when they're having fun, and kids have fun when they're at the top of their own game. That's why we're passionate about keeping the play in ball!

### Sportball Jr.

**Ages: 16 mos - 2 yrs**

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

**Jan 11 - Mar 13** (No session Feb 15)

**Sat: 9 sessions | 9:15am - 10am**

**Member: \$135 | Non Member: \$168**



### Sportball Parent & Child

**Ages: 2 yrs - 3 yrs**

Programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress.

**Jan 7 - Mar 3**

**Tue: 9 sessions | 11am - 11:45am**

**Member: \$135 | Non Member: \$168**

**Jan 11 - Mar 13** (No session Feb 15)

**Sat: 9 sessions | 10:15am - 11am**

**Member: \$135 | Non Member: \$168**

### Sportball Multi - Sport

**Ages: 3 yrs - 5 yrs**

Refine, rehearse, repeat. Multi - Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non - competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

**Jan 7 - Mar 3**

**Tue: 9 sessions | 12pm - 1pm**

**Member: \$135 | Non Member: \$168**

**Jan 11 - Mar 13** (No session Feb 15)

**Sat: 9 sessions | 11:15am - 12pm**

**Member: \$135 | Non Member: \$168**









FABIO WALKER  
Director of Tennis



JOE WOOD  
Assistant Director of Tennis



NICOLE MCLENNAN  
Head of Player Development



AMY WALKER



CHRIS STEAD



JAVEED KASSAM



MONIKA JOHNS



TIM PORTNOV

# Tennis Level of Play/Self-Rating Guide

Before registering for any of our programs or joining our leagues, take a look at the rating guide below to help you find the program that's right for you. Find the level that best describes your general level of play during a match.

LEVEL	GROUNDSTROKES	RETURN OF SERVE	NET PLAY	SERVE
1.0	I'm just starting to play tennis			
1.5	I've been introduced to the game, but have difficulty playing due to my lack of consistent rallying and serving.			
2.0	I can get to the ball, but lack control so my rallying is inconsistent. I often choose forehand instead of backhand.	I have inconsistent returns and tend to position myself to protect my weaknesses	In singles, I'm reluctant to come to the net. In doubles, I understand the basic positions and I am comfortable with forehand volleys (but avoid backhand volleys & overhead shots).	My toss is inconsistent and my service motion incomplete. Double faults common.
2.5	I can consistently rally 10 balls in a row over the net at moderate speed with an arced trajectory (especially forehand shots).	In singles, I can consistently return shots to the middle of the court. In doubles, I have difficulty returning cross-court to start the point.	I'm at ease at the net during practice, but still uncomfortable during a game.	I try a full service motion on my first serve, but it is still inconsistent (< 50%). I use an incomplete motion to ensure a steady second serve.
3.0	I can consistently rally 10 balls in a row using forehands and backhands. I'm able to maintain a moderately paced rally when receiving high, wide or short balls.	I can control the direction of the ball when receiving moderately paced serves.	I'm very consistent on moderately paced balls to my forehand, but still inconsistent on my backhand. I have overall difficulty with low and wide balls.	I have full motion on both serves and can achieve more than 50% success on my first serve; however, my second serve is much slower than the first.
3.5	I can make my opponent move around the court, hit harder when I receive easier balls, and perform approach shots with more than 50% consistency.	I can return fast or well-placed serves defensively, return an easier serve with pace or placement, and approach the net in doubles.	I'm becoming consistent on volleys & overheads requiring moderate movement. I can direct forehand volleys and control backhand volleys with little offense, but have general difficulty putting volleys away.	I can vary the speed or direction of a first serve and can direct the second serve to my opponent's weakness without double-faulting on a regular basis.
4.0	I'm able to develop points consistently by using a combination of shots; however, I'm erratic when attempting a passing shot or a quality shot from a fast or well-placed ball.	I have difficulty returning very fast or spin serves, but I can hit a good shot or exploit my opponent's weakness on moderately paced serves. In doubles, I can vary returns effectively on moderately paced serves.	I can follow an approach shot to net, poach on weak returns and put away easy overheads. In doubles, I can receive a variety of balls and volley offensively.	I can vary the speed and direction of the first serve and I can use spin.
4.5	I can use a variety of spins and am beginning to develop a dominant shot or good steadiness. I'm still erratic when attempting a quality shot in two of the following: when receiving fast balls, wide balls or in passing shot situations.	I can defend consistently off first serves, but am still inconsistent when trying an aggressive return (< 30%). In doubles, I have difficulty returning a first serve to the feet of the incoming serve and volleyer.	When coming to the net after serving, I'm consistently able to put the first volley in play but without pace or depth. Close to the net, I can finish a point using various options including drop, angle and punch volleys. I'm still inconsistent when trying to volley powerful or angled returns.	I have an aggressive first serve with power and spin. On second serves, I frequently hit with good depth and placement (without double faults). In doubles, I can serve and volley off first serves but still experience some inconsistency.
5.0	I am able to maintain a consistent rally, 10 balls in a row on faster balls. I have very steady strokes or a dominant shot. I periodically succeed (50%) when attempting a quality shot when receiving fast or wide balls, and in passing shot situations.	I periodically succeed (50%) at aggressive return off fast first serves using dominant shot (forehand or backhand). In doubles I can return at the feet of serve and volleyer.	In doubles, after the serve, I have a good, deep crosscourt volley. Overhead I can hit from almost any position.	My first serve can win points outright, or force a weak return. My second serve can prevent the opponent from attacking. I can serve and volleys on first serves in doubles with consistency.

# Adult Tennis

## WINTER 2020 PROGRAMS



**FABIO WALKER**  
Director of Tennis  
fwalker@nswc.ca



**JOE WOOD**  
Assistant Tennis Director  
jwood@nswc.ca

### Adult Drills

#### Division 2 & 3

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Get ready to sweat and train hard!

**Jan 9 - Mar 12**

**Thu: 10 sessions | 10am - 11am**

**Member: \$250 | Non Member: \$350**

### Adult Drills

#### Division 3 & 4

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Get ready to sweat and train hard!

**Jan 9 - Mar 12**

**Thu: 10 sessions | 11am - 12pm**

**Member: \$250 | Non Member: \$350**

**Jan 9 - Mar 12**

**Thu: 10 sessions | 7pm - 8pm**

**Member: \$250 | Non Member: \$350**

**Jan 10 - Mar 13**

**Fri: 10 sessions | 10am - 11am**

**Member: \$250 | Non Member: \$350**

### Adult Drills

#### Division 4 & 5

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Get ready to sweat and train hard!

**Jan 6 - Mar 9**

**Mon: 9 sessions** *(No session Feb 17)*

**9am - 10am**

**Member: \$225 | Non Member: \$315**

**Jan 7 - Mar 10**

**Tue: 10 sessions | 11am - 12pm**

**Member: \$250 | Non Member: \$350**

**Jan 7 - Mar 10**

**Tue: 10 sessions | 7pm - 8pm**

**Member: \$250 | Non Member: \$350**



### Adult Drills

#### Beginner (Level 1.0 - 1.5)

For students with limited or no experience playing tennis. This program includes on court technical instruction on proper grips, footwork, and conventional techniques for groundstrokes, net play and serves. You will learn basic court positioning and how to play points and keep score in a tennis match.

**Jan 6 - Mar 9** *(No session Feb 17)*

**Mon: 9 sessions | 10am - 11am**

**Member: \$225 | Non Member: \$315**

**Jan 7 - Mar 10**

**Tue: 10 sessions | 9am - 10am**

**Member: \$250 | Non Member: \$350**

**Jan 8 - Mar 11**

**Wed: 10 sessions | 9am - 10am**

**Member: \$250 | Non Member: \$350**

**Jan 8 - Mar 11**

**Wed: 10 sessions | 8pm - 9pm**

**Member: \$250 | Non Member: \$350**

**Jan 9 - Mar 12**

**Thu: 15 sessions | 9am - 10am**

**Member: \$250 | Non Member: \$350**

**Jan 9 - Mar 12**

**Thu: 15 sessions | 6pm - 7pm**

**Member: \$250 | Non Member: \$350**



## Adult Drills

### Intermediate - (Level 2.0 - 2.5)

For students who have had formal tennis training in the past. Less time will be spent introducing basic stroke mechanics than in the Beginner tennis lesson course. Instead your core technique flaws will be detected and corrected while drilling from all positions on the court. This course will emphasize consistency, movement, and shot combinations.

**Jan 6 - Mar 9** (No session Feb 17)

**Mon: 9 sessions**

**11am - 12pm**

**Member: \$225 | Non Member: \$315**

**Jan 6 - Mar 9** (No session Feb 17)

**Mon: 9 sessions | 7:30pm - 8:30pm**

**Member: \$225 | Non Member: \$315**

**Jan 8 - Mar 11**

**Wed: 10 sessions | 7pm - 8pm**

**Member: \$250 | Non Member: \$350**

**Jan 9 - Mar 12**

**Thu: 10 sessions | 10am - 11am**

**Member: \$250 | Non Member: \$350**

**Jan 9 - Mar 12**

**Thu: 10 sessions | 8pm - 9pm**

**Member: \$250 | Non Member: \$350**

**Jan 10 - Mar 13**

**Fri: 10 sessions | 11am - 12pm**

**Member: \$250 | Non Member: \$350**

## Men's Tennis Training

### (Level 3.5 +)

#### Come On Out Guys!

This class offers the perfect combination of physical and technical aspects of the game. A great workout is guaranteed!

**Jan 6 - Mar 9** (No session Feb 17)

**Mon: 9 sessions | 9am - 10am**

**Member: \$225**

**Jan 7 - Mar 10**

**Tue: 10 sessions | 9am - 10am**

**Member: \$250**

**Jan 9 - Mar 12**

**Thu: 10 sessions | 9am - 10am**

**Member: \$250**

**Jan 10 - Mar 13**

**Fri: 10 sessions | 9am - 10am**

**Member: \$250**



## Ladies Doubles

### Day League

#### Advanced (Level 3.5 +)

This league is a competitive format.

**You Must Be Part Of An Nswc Ladies League Team In Order To Participate In This League.** Players will be keeping track of their points over the session and each week the courts are re-set. 3 sets will be played each week and the top player on each court will move up and the bottom player will move down. Results will be posted and kept up to date and run by one of the Pro's.

**Jan 6 - Mar 9** (No session Feb 17)

**Mon: 9 sessions | 10:30am - 12pm**

**Member: \$144**

## Ladies Doubles

### Night League

#### Novice (Level 1.5 - 2.5)

For the novice/intermediate level tennis player. This program is designed to increase your knowledge of doubles and to have fun!

**Jan 6 - Mar 9** (No session Feb 17)

**Mon: 9 sessions | 6pm - 7:30pm**

**Member: \$144**



# Junior Tennis

## WINTER 2020 PROGRAMS

### Le Petit Tennis

**Ages: 4 yrs - 5 yrs**

Le Petit Tennis is designed to introduce kids to tennis using the appropriate modified progressive tennis equipment. This stage of development is to promote the love of physical activity while laying the foundation for future enjoyment of tennis. Participants learn moving patterns, balance and co-ordination while having fun doing a variety of physical tennis activities.

**Jan 11 - Mar 14** (No session Feb 15)

**Sat: 9 sessions | 10am - 10:30am**

**Member: \$108 | Non Member: \$153**

### Red Ball Level 1

**Ages: 6 yrs - 7 yrs**

RED LEVEL 1 Tennis is designed to develop the ABC's (Agility, Balance, and Coordination) of fundamental movement skills and basic tennis skills (technical/ tactical) through cooperative activities. Also this course will include teaching players the rules of the game and scoring for ½ court (RED COURT).

**Jan 11 - Mar 14** (No session Feb 15)

**Sat: 9 sessions | 12pm - 1pm**

**Member: \$180 | Non Member: \$225**

**Jan 6 - Mar 9** (No sessions Feb 17)

**Mon: 9 sessions | 3:30pm - 4:30pm**

**Member: \$180 | Non Member: \$225**

**Jan 10 - Mar 13**

**Fri: 10 sessions | 3:30pm - 4:30pm**

**Member: \$200 | Non Member: \$250**

### Orange Ball Level 1

**Ages: 7 yrs - 9 yrs**

Orange Level 1 is designed to develop the fundamental tennis skills (technical/ tactical) required in game situations using a modified ¾ court. This includes basic rallying skills, basic tactical skills, and how to initiate a point effectively. This course will also teach scoring for the modified ¾ court (ORANGE COURT).

**Jan 11 - Mar 14** (No session Feb 15)

**Sat: 9 sessions | 1pm - 2pm**

**Member: \$180 | Non Member: \$225**

**Jan 6 - Mar 9** (No session Feb 17)

**Mon: 9 sessions | 3:30pm - 4:30pm**

**Member: \$180 | Non Member: \$225**

**Jan 10 - Mar 13**

**Fri: 10 sessions | 3:30pm - 4:30pm**

**Member: \$200 | Non Member: \$250**

### Green Ball Level 1

**Ages: 9 yrs - 11 yrs**

Green Level 1 is designed to develop the fundamental tennis skills (technical/tactical) required in game situations on a full court.

**Jan 11 - Mar 14**

**Sat: 9 sessions** (No session Feb 15)

**2pm - 3pm**

**Member: \$180 | Non Member: \$225**

**Jan 6 - Mar 9** (No session Feb 17)

**Mon: 9 sessions**

**4:30pm - 6pm**

**Member: \$270 | Non Member: \$337.50**

**Jan 10 - Mar 13**

**Fri: 10 sessions | 4:30pm - 6pm**

**Member: \$300 | Non Member: \$375**

### Teen Tennis

**Ages: 12 + yrs**

This group is for the beginner/novice teen who would like to learn to play tennis. This program is designed to develop the fundamental tennis skills (technical/tactical/physical) to learn the game.

**Jan 11 - Mar 14** (No sessions Feb 15)

**Sat: 9 sessions | 10:30am - 12pm**

**Member: \$270 | Non Member : \$337.50**



# Tennis Policies and Procedures

## General Policies

- Please do not walk onto your designated court prior to the start time if the court is in use.
- Please do not walk across courts when proceeding to your allocated court of play, walk behind the curtains to your court.
- Cell phones should be on silent while on the court.
- Only water or sports drinks are permitted on the court. No other beverages are allowed.
- Upon arrival at the Club, members and guests must confirm their court allocation and all playing partners at the Front Desk.
- Please avoid the use of profanities.
- Clothing must be appropriate for tennis play. Shirts must be worn at all times; no cutoffs or jeans are permitted; only non-marking tennis shoes may be worn.

## Tennis Court Schedules

The Club has seven (7) indoor courts (4 downstairs, 3 upstairs on level 2) and four (4) floodlit roof top outdoor hard courts (April 1 - September 30). Tennis Court operating hours are 6am - 11pm, Monday through Sunday.

### PRIME TIME HOURS

6pm - 9pm      Monday - Thursday

### NON PRIME TIME HOURS

6am - 6pm      Monday - Thursday  
9pm - 11pm      Monday - Thursday  
6am - 11pm      Friday, Saturday & Sunday

### JUNIOR COURT TIMES

3, 4, & 5pm      Monday - Friday

## Reservations & Court Booking Procedures

Tennis court bookings are open to all NSWC registered tennis members in good standing, and who have paid their annual activity fee. Court reservations may be done online through Gametime: ([nsw.gametime.net](http://nsw.gametime.net)) or at [www.nswc.ca](http://www.nswc.ca), made in person or at the Front Desk Reception. Tennis membership application forms are available from the Front Desk Reception. A tennis trial of four (4) court bookings is available for non-tennis Club members, please inquire at the Front Desk Reception.

## Reservations - Adult Tennis Members

- May book courts 1 - 4 and the outdoor courts 8 - 11 after 9:30 p.m. up to 6 days in advance with the exception of Junior Court Time hours
- May book courts 5 & 6 after 12:00p.m. (noon), up to 5 days in advance, with the exception of Junior Court Time hours.
- May have a maximum of two (2) court bookings within a 6 - day period during Prime Time.
- May also book available courts within a 24 - hour period, with the exception of Junior Court Time Hours.
- To reserve a tennis court for doubles play, four (4) players' names must be given. To reserve a tennis court for singles play, two (2) players' names must be given.
- On arrival at the Club, all players must confirm their court allocation and all playing partners at the Front Desk Reception.

## RESERVATIONS - Junior Tennis Members

- May book courts during Junior Court Time or Non Prime time, a maximum of six (6) days in advance. May play during Prime Time if the court is accompanied by a Full Adult Tennis member (who may book six (6) days in advance or with 24 - hour advance booking).
- Junior Members may also book available courts within a 24 - hour period.

## CANCELLATIONS

- Court bookings must be cancelled no less than six (6) hours before the booked time or a late cancel/no-show fee of \$25 + GST per court will be charged. To avoid being deemed a no-show, at least one player for a given court booking must check in with the Front Desk Reception upon arrival.

## WALK - ON FOR VACANT COURTS

- If a court is available for walk-on, players must check in with the Front Desk Reception and book the court for immediate play. Failure to do so may result in the players being bumped by subsequent players who do check in and book with the Front Desk Reception.



## NO SHOWS

- A court that is not claimed within ten (10) minutes of start time will be released. Open Courts are available on a first come, first serve basis, and must be reserved at the Front Desk Reception.
- If you know you will be late, please call the Front Desk Reception to avoid your court being released.

## GUESTS PRIVILEGES

- The Tennis Member must meet their guest in the front lobby and check in at the Front Desk Reception.
- If a Tennis Member's name is substituted for the guest name, this change must be recorded by the Front Desk staff.
- As per the Club Rules R20 - each Member is allowed a maximum of four (4) participating guests per month, none of whom may be introduced more frequently than twice in a given month.
- A Guest fee of \$8 + GST for juniors and \$12 + GST for adults must be paid before the guest is permitted to enter the Club to play.

## BALL MACHINE

- The rental rate for the tennis ball machine is \$10 + GST per 90 minute booking, no pro - rates.
- The Ball Machine may be used ONLY between 7am - 9pm. Ball machines cannot be used during Prime Time.
- It is the user's responsibility to leave the courts in the same condition as prior to the use of the ball machine. Courts must be swept to remove the ball fluff after each use
- Use of the Club's (or privately owned) ball machine, is restricted to the upstairs Court 5, 6 or Court 7. If Court 7 is not being used by a pro for coaching, that is the preferred court to use.
- Tennis members must check in with the Front Desk Reception to receive keys for the Ball Machine. Tennis members will be required to leave their keys or other personal belonging with the Front Desk Reception until the Ball Machine keys have been returned.

## PLAYSIGHT

NSWC offers a state - of - the - art tennis analytics technology system equipped with six fully automated cameras and an interactive touch - screen kiosk. The system uses advanced image processing and analytical algorithms to capture and log stroke type, ball trajectory, speed and spin, in - depth shot data, player movement and more! Every time you use the PlaySight system, your activity is recorded, analyzed and saved to the PlaySight cloud where you can access it any time through the on - court kiosk or at PlaySight.com. Train smarter. Perform better.

- PlaySight is only available on Court 5.
- PlaySight is free of charge to Members, but a private information session is recommended by a Tennis Pro prior to use.

## COURT RENTAL

Requests for court rentals must be approved by the Tennis Director.

## Tennis Private Lessons

Lesson Type	Members
Adult Private	\$75
Jr. Private	\$65
Adult Semi Private	\$45 each
Jr. Semi Private	\$40 each
Adult Group of 3	\$35 each
Jr. Group of 3	\$30 each
Adult Group of 4	\$30 each
Jr. Group of 4	\$25 each







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