

JR C



bruins

Bow River is bringing Junior C back to Bowness!

Bow River is excited to retake its place in the local Junior C League by entering a strongly competitive Junior C Bruins Team.

Led by an experienced and highly dedicated coaching staff, the Junior C Bruins have plans to dethrone the league leaders in its revival year.

STATS

Participants: Ages 18 – 21

Roster size: max 21 players + 2 goaltenders (Including max four 21-year-old players)

Contact: Junior C league is a body checking league

Practices: approx. 15 (1/week)

Games: approx. 32 (Oct 22, 2022 to Feb 26, 2023)

Eso Minor Hockey Week:
January 13 – 21, 2023

Playoffs: best of 3 in a 3-round series

Tournaments: Team decision

Tryout fee: \$100 (non-refundable)

Team fee: \$1050 (collected from players who are offered a spot on the team)

Try-outs:

Participants must register and try-out for the Junior C Bruins and must earn their spot on the team. Being registered does not guarantee a spot on the team.

A player or goaltender can only try-out with ONE Junior team at a time. They cannot tryout for a Junior B team and a Junior C team at the same time (ie. if they are released from a Junior B team, they may then try for a spot on the Junior C team). Participants must be released from one Junior team before trying out for another Junior team.

There will be 3 game-style tryouts scheduled late September/beginning October. (Specific dates and times TBD) The roster will be determined at Head Coach's discretion after these ice times. The Junior C season begins October 22.

[Register to try out through this link](#)

or through the JR C Tryout registration on the Registration Information page of our website.

Jerseys:

The tradition in the Junior C League is for teams to design their own game jerseys. Cost varies however is typically \$250 for a home and away set including socks. As this is an optional item for the team, Bow River has alternate jerseys should the team opt-out of purchasing new jerseys.

Head Coach: Rob Whitelaw CoachJRC@bowriverhockey.ca

Assistant Coach / Manager: Marco Colonna JRC@bowriverhockey.ca

Bow River Administrator: Lesley Hylands admin@bowriverhockey.ca