



## back to Bowness!

Proud of its highly competitive return to the local Junior C League, the Bruins have secured their spot as one of the league leaders.

Led by an experienced and dedicated coaching staff, the Junior C Bruins have plans to dethrone the league leaders this season.

## 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. 30 (Oct 19, 2024 to Feb 23, 2025)*

**Esso Minor Hockey Week:**  
*January 10 – 18, 2025*

**Playoffs:** *best of 3 in a 3-round series*

**Tournaments:** *Team decision*

**Tryout fee:** *\$100 (non-refundable)*

**Team fee:** *\$1200 (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 to try-out 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 19.

### [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. Home and away jerseys, socks, and pant shell will be included in your team fees and will be yours to keep at the end of the season.

**Head Coach:** Rob Whitelaw [CoachJRC@bowriverhockey.ca](mailto:CoachJRC@bowriverhockey.ca)

**Assistant Coach / Manager:** Marco Colonna [JRC@bowriverhockey.ca](mailto:JRC@bowriverhockey.ca)

**Bow River Administrator:** Lesley Hylands [admin@bowriverhockey.ca](mailto:admin@bowriverhockey.ca)