



## Junior C is back in 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 23 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 18, 2025 to Feb 22, 2026)*

**Esso Minor Hockey Week:**  
*January 10 – 17, 2026*

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

**Tournaments:** *Team decision*

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

**Team fee:** *\$1240 (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 18.

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

or through the Jr C tryout registration on the Registration Information page of our website

### 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.

**Team Contact:** [JRC@bowriverhockey.ca](mailto:JRC@bowriverhockey.ca)

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