



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 defend its league championship 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 17, 2026 to Feb 21, 2027)*

Esso Minor Hockey Week:
January 8 – 16, 2027

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

Tournaments: *Team decision*

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

Team fee: *\$1275 (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 17.

[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

Bow River Administrator: admin@bowriverhockey.ca