



DECEMBER 2024 NEWSLETTER



THERE ARE ONLY A FEW WEEKS LEFT OF 2024, BUT WE'VE GOT TONS HAPPENING RIGHT THROUGH THE HOLIDAYS!

SATURDAY, DECEMBER 14
8AM-3PM

ARÉNA BOB-BIRNIE, POINTE-CLAIRE

COLLECTE DE FONDS POUR NOS ÉQUIPES
COLLECTE DE CÉRÉALES
HWI BOUTIQUE SUR PLACE

TEAM FUNDRAISING
CEREAL DRIVE
HWI MERCH SALE



Cereal collection benefitting the West Island Mission

HOLIDAY CLINICS



[CLICK HERE
FOR
REGISTRATION
DETAILS](#)



Monday, December 30

9AM -10AM – U9 only – Skating Techniques Clinic - \$25

Recommended for all U9 skaters who want to improve their core skating skills. Edge control and coordination. Forward skating. Backward skating. Turning. Crossovers. Transitions.

10AM – 11AM – U11 only – Skating Techniques Clinic - \$25

Review of proper skating techniques, and a focus on developing the more difficult techniques that lead to agility, explosiveness, and top-end speed.

11AM -12 PM – U13 & U15 only – Skating Techniques Clinic - \$25

Review of proper skating techniques, and a focus on developing the more difficult techniques that lead to agility, explosiveness, and top-end speed.

Friday, January 3

9AM-11AM! – U11 & U13 only – 2-hour intensive - \$50

Hour 1: Powerskating, strides, & edges

Hour 2: Shooting, stickhandling, and passing

Players will rotate through different stations designed to challenge players to learn new skills and improve their confidence on the ice.

11AM – 12PM – U15 & U18 only – Shooting techniques - \$25

Get the puck in the net! Shoot with accuracy, quickness and power. Drills and stations will focus on puck control and different shots.

***Note: Becoming a good skater takes time and consistent practice.**

The clinics are designed to offer knowledge and drills that players can continue to practice and master throughout the year.



All clinics takes place at Bob-Birnie Arena

NEWS FROM OUR PARTNER CITIES



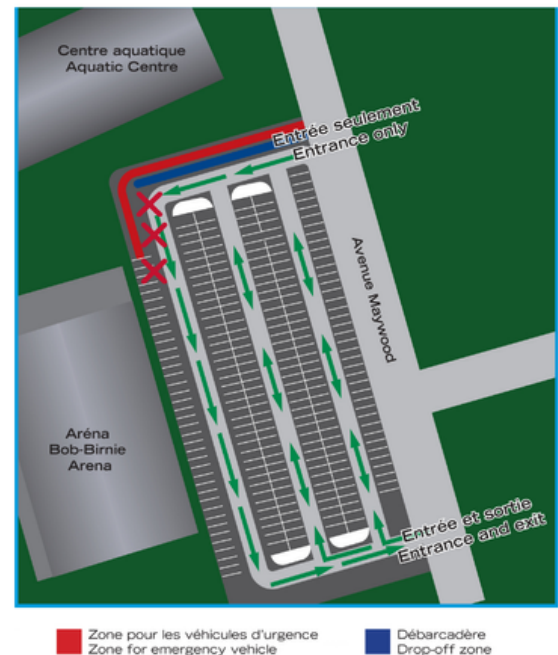
The Dorval Holiday Market is taking place until December 15 in Dorval Village (intersection of Tulip and Dawson Avenues). Visit local vendors, experience a festive atmosphere, enjoy tasty snacks, and get some of your shopping done. Click [HERE](#) to see the full schedule of activities.



If you're looking for more ways to stay active this winter, Pointe-Claire's Olive-Urquhart Sports Centre offers a wide assortment of activities and classes for all ages. Drop-in daily rates and memberships are both available! Visit [OLIVE-URQUHART SPORTS CENTRE](#)

PARKING AT BOB-BIRNIE

The Bob-Birnie Arena parking lot is very busy on weekends. Please allow yourself extra time to find a parking spot, and only drop off your children in the designated lane (marked in blue). Stopping anywhere else risks you receiving a ticket and infuriating every single driver stuck behind you.



SAVE THE DATE!

On January 18, 2025, U18 B Knights will be hosting a comedy show fundraiser at Macallans Pub. The line up includes Joey Elias, Oren Shbiro, Isabelle Gaumont, Sharon Beaumont, and more! \$30 in advance or \$45 at the door.

For tickets please contact anyone on the team or call 514-655-7444.

FROM EVERYONE AT HOCKEY WEST ISLAND, WE WISH ALL OF OUR PLAYERS AND FAMILIES A WONDERFUL HOLIDAY SEASON!