



KEEPING YOUR DREAM ALIVE

SAINT LAWRENCE COLLEGIATE PREP HOCKEY offers a tradition of excellence as a Cégep institution to elite Midget and Junior caliber players as well as a structured hockey program designed to develop excellence in hockey and academics. We are committed to preparing you for higher achievement in harmony with your absolute potential and more. We can help you keep your dream alive.

Our coaching staff will make you a better competitor and prepare you for scholarship opportunities by developing both your physical and mental game skills. You will also be given the opportunity to showcase your talent to College recruiters and coaches in the United States and Canada.



SAINT LAWRENCE LIONS COLLEGIATE PREP HOCKEY

Our program is entering its fifth year of competition. We now are preparing for a 32-game schedule against US prep schools, Quebec Cégeps and junior teams in Ontario and the New England States. We provide a unique setting for over 200 student-athletes in a small campus, housing 850 students. Saint- Lawrence is a first rate English-language institution and we are very proud to field a quality hockey program for student-athletes anxious to fulfill their potential.



OUR MISSION

Provide talented hockey players with a development context designed to promote the achievement of excellence as elite student-athletes. Our program takes great pride in preparing hockey players for a broader horizon of opportunities in life, and student-athletics at the university level.



DEVELOPMENT PHILOSOPHY

Each player will be introduced to a strategic evaluation plan that will help identify their respective strengths and weaknesses. Players will be given a personalized goal achievement program that will be monitored and revised by our qualified coaching and conditioning staff. We believe in developing individual work ethic and team building values that prepare our athletes to showcase their skills and abilities in a competitive setting in both US and major Canadian hockey venues.



WHAT MAKES US SPECIAL

- Student success. 92 % passing rate for student-hockey players.
- Social science, DEC/BAC business administration program, language and science programs.
- (Plyometrics, power skating, stick handling, shooting and strength training)
- Full time team employees on campus
- State of the art fitness center
- NCAA and CIS scholarship contacts
- SAT testing center and preparation
- Science and math tutors
- Rich athletic tradition
- Can-Am games schedule including tournaments and exhibition games
- Three to four weekly on-ice practice sessions during academic hours.
- Equipment and stick discounts

- Team helmet, gloves, pants, spirit kit and track suit.
- Weekly off-ice conditioning and video sessions.
- Strategic evaluation and personalized goal achievement program
- Annual training program
- Transportation and accommodation during road trip



ELIGIBILITY

To qualify for the 2008-2009 edition, candidates must fulfill the following conditions:

- Complete and submit the Champlain Saint-Lawrence Admission form by March 1st and obtain full or conditional admission.
- Attend our May Spring camp tryout and selection camp (\$100 camp fee)
- Born between 1988-1991
- Agree to a \$1089 team fee once selected on the team roster.
- Be a full-time student at Champlain-Saint-Lawrence for the academic year 2008-2009.



COMMITMENT TO DEVELOPMENT

Once a decision is made to sign you as player, we will abide by that commitment for one full season. We promise all of our athletes that they will receive guidance and coaching in a context that will build hockey skills, life skills and more importantly the confidence that is required to achieve success as a student-athlete and competitor as well.

We know, from experience, what we can accomplish with the amount of ice time we are providing. Our experience in team building and our dedication to skill-development are unique assets we bring to the table. While learning to win is a vital part of development, winning will simply not override our commitment to your development. Players will remain members of our program as long as they comply with team rules and policies during the academic year.



CONTACTS

Cegep Champlain - Saint Lawrence
790 Nerree Tremblay
Sainte Foy, Qc, Canada
G1V 4K2

Christian Brosseau,
Coordinator of Student Activities
656-6921 ext 236
cbrosseau@slc.qc.ca

Mike Labadie
Head Coach
656-6921 ext 368
mikelabadie@slc.qc.ca

REGISTRATION FORM

Complete the information below and mail to:

Mike Labadie
Head Hockey Coach
Saint Lawrence Campus
790 Nerree Tremblay
Sainte-Foy, QC, Canada
G1V 4K2

PERSONAL INFORMATION

Family name _____
First name: _____
Date of birth: ____ (day) ____ (Month) ____ (year)
Medical card Number _____
Address : _____
City _____ Postal Code _____
Home phone _____ - _____
Cell phone: _____ - _____
Email: _____
School: _____
Academic Level: _____
Academic program _____
Average _____

Have you completed an application form to attend Saint Lawrence next fall? Yes [] No []

If no, would you like to receive an application form? _____
Collegiate program of study _____

HOCKEY INFORMATION

Present team: _____
Level : Midget [] Junior [] High School []
Other _____

Caliber AAA [] AA [] Espoir [] A [] B []
Coach: _____

Position: _____
Shot: right [] left []

Height: _____ (ft) _____ (in) weight _____ (lbs)

Have you been drafted by a Major Junior hockey club?
Yes [] No []. If yes indicate the team _____

Have you played exhibition or league games in the LHJM?
Yes [] No [] If yes how many games _____