



Eastern Ontario

**Cobras**  
de l'Est ontarien

[www.cobrashockey.net](http://www.cobrashockey.net)

We are writing to cordially invite you to the Eastern Ontario Cobras hockey tryouts. The first 2 tryout sessions will take place on August 30-31, 2008 at the **St-Isidore Arena**, at the following times depending on your age group:

	<u>August 30</u>	<u>August 31</u>
Minor Atom A (1999)	9 am	10 am
Major Atom AA (1998)	Noon	1 pm
Minor Peewee AA (1997)	4:30 pm	2:30 pm
Major Peewee A (1996)	7:30 pm	5:30 pm
Minor Bantam AA (1995)	10:30 am	11:30 am
Major Bantam AA (1994)	6 pm	4 pm
Minor Midget AA (1993)	9 pm	7 pm
	<u>September 8</u>	
Major Midget AA (1991-1992)	6pm-8pm	

The cost is \$30 for the first 2 tryout sessions. All players must be there at least one hour before the beginning of their camp. In order to accelerate registration, we would appreciate if you would fill out the registration form in advance. The form can be printed from our web site [www.cobrashockey.net](http://www.cobrashockey.net). **IMPORTANT: All players must be registered with their local Minor Hockey Association before participating in the tryouts. Please bring your proof of registration with you. A player won't be allowed on the ice without his proof of registration.**

The Cobras are part of the Ottawa District Minor Hockey Association (ODMHA), representing District 3 at the competitive 'A' and 'AA' levels in the OEMHL league. In essence, District 3 encompasses the Prescott-Russell geographical region, so any player living in Prescott-Russell is welcome to attend the Cobras tryouts.

The Cobras teams practice and have their home games in different arenas in Prescott-Russell, while away games take place in Ottawa and the nearby surrounding regions.

### COBRAS MISSION

- 😊 Promote, organize and teach hockey in an environment that encourages equal opportunities for all players.
- 😊 Help players develop friendship and sportsmanship.
- 😊 Build mental and physical skills, leading to a positive work ethic.
- 😊 Demonstrate that these values apply in the pursuit of excellence in all walks of life.

### HOW DO WE ACHIEVE THIS?

- 40-50 practices per year (1.5 hour practices each, on full ice)
- 24-30 games per year (60 to 120 minute games, depending on the age group)
- 8 goalie clinics run by expert instructors (90 minutes each, on full ice)

- 6 specialized player clinics run by expert instructors (90 minutes each, on full ice); ex. Power skating, body contact, puck control
- 3-5 tournaments, depending on the team's preference
- highly qualified and experienced coaches and trainers

With the Cobras, you can expect superior and more rapid development of hockey skills through greater ice time, better coaching, specialized clinics, as well as higher caliber players as teammates and as opposition.

You can also expect that your child will be challenged, will develop a healthy work ethic, will learn the benefits of working in a team environment, and ultimately, will enjoy himself (herself) tremendously.

**Watch your child play, learn, and develop to their full potential!**

## **COSTS**

The cost per actual hour of ice with the Cobras is very comparable to the cost of house league or 'B' level hockey leagues in Prescott-Russell and in Ottawa. But if you take into account the superior hockey development and other benefits with the Cobras, the cost to play for the Cobras is more than reasonable. It should be noted as well that the Cobras have a very successful sponsorship program which helps lower the cost for each family.

## **COACHES**

If you have any questions about the Cobras, you are welcome to contact the coach for your son's/daughter's level (year of birth).

Chris Montgomery	Minor Atom A (1999)	613-443-3588
Al Crnjac	Major Atom AA (1998)	613-446-4485
Luc Fréchette	Minor Peewee AA (1997)	613-446-4863
Luc Cheff	Major Peewee A (1996)	613-487-3217
Vacant	Minor Bantam AA (1995)	
Mark Martin	Major Bantam AA (1994)	613-487-4005
Dennis Sweeney	Minor Midget AA (1993)	613-678-5924
Guy Girouard	Major Midget AA (1992)	613-446-0174

*In closing, what do the following players have in common:*

***Derek Roy, Stéphane Yelle, Benoit Pouliot, Martin St-Pierre, Kevin Lalande, André Benoit***

*You guessed it! They have all signed pro hockey contracts and they all developed under the Cobras system!*

We hope to see you at the tryouts on August 30-31

Frank Pronovost  
President, Eastern Ontario Cobras

**Please visit our web site, [www.cobrashockey.net](http://www.cobrashockey.net) for any changes to the tryouts schedule.**