



NEWSLETTER

DECEMBER 2025



TEAM DAY
SATURDAY, DECEMBER 13
8AM-2PM - BOB-BIRNIE ARENA



- TEAM FUNDRAISING
(RAFFLES AND SALES!)
- CEREAL DRIVE
- HWI MERCH SALE

CASH ONLY PLEASE!



CEREAL DRIVE IN SUPPORT OF THE WEST ISLAND MISSION

HOLIDAY RAFFLE!

Enter for a chance to win
one of three exciting prizes!

GRAND PRIZE

- ◆ One **FREE season registration** for the 2026-2027 season
- ◆ One HWI equipment bag
- ◆ A \$50 gift card to Rousseau Sports
- ◆ A set of family tickets for a Concordia Men's Hockey home game

2ND PRIZE

- ◆ One HWI equipment bag
- ◆ A HWI pompom hat
- ◆ A HWI T-shirt and a hoodie
- ◆ A \$10 gift card to Rousseau Sports
- ◆ One youth-size Bauer hockey stick

3RD PRIZE

- ◆ One HWI equipment bag
- ◆ A HWI pompom hat
- ◆ A HWI T-shirt and a hoodie
- ◆ A \$10 gift card to Rousseau Sports

TICKETS ARE \$15 EACH OR 4 FOR \$50!

Buy your tickets in person (cash only) at Team Day on December 13
or
online through our fundraising platform.



The draw for all three prizes will take place on
TUESDAY | 23 DEC | 8:00 PM

HOLIDAY CLINICS



REGISTRATION FOR
THE HOLIDAY
CLINICS WILL OPEN
AT 6:00 P.M. ON
WEDNESDAY,
DECEMBER 10



Monday, December 29 – Bob-Birnie Arena

9:00–10:00am – U9 only – Skating Skills Clinic – \$25

Recommended for all U9 players looking to improve their basic skating skills.
Edge work and coordination. Forward skating. Backward skating. Crossovers. Transitions.

10:00–11:00am – U11 only – Skating Skills Clinic – \$25

Review of proper skating techniques with a focus on developing more advanced skills that lead to agility, explosiveness, and speed.

11:00–12:00am – U13 & U15 only – Skating Skills Clinic – \$25

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

Tuesday, December 30 – Bob-Birnie Arena

12:00–1:00pm – U9 only – Power Shooting – \$25

Put the puck in the net! Shoot with accuracy, speed, and power.
Drills and stations will focus on puck control and different types of shots.

1:00–2:00pm – U11 only – Power Shooting – \$25

Put the puck in the net! Shoot with accuracy, speed, and power.
Drills and stations will focus on puck control and different types of shots.

2:00–3:30pm – U13 & U15 only – Skating Techniques AND Power Shooting – \$40 (90 mins)

A two-part clinic: half power skating and half shooting.
Review of proper skating techniques with a focus on developing more advanced skills that lead to agility, explosiveness, and top-end speed, followed by a segment dedicated to developing powerful and accurate shots.



Note: Becoming a strong player takes time and consistent practice. These clinics are designed to provide knowledge and drills that players can continue to work on throughout the year.

All clinics take place at Bob-Birnie Arena.

**Registration at the link below will open at 6:00 p.m. on Wednesday, December 10.
These clinics are for HWI-registered players only.**

CLICK HERE




Player Clinics

A new session of player clinics will begin in the new year.

→ **Link: Registration will open on Wednesday, December 17 at 6:00 p.m.**

Registration is on a first-come, first-served basis, and spots are limited.

Please see below for the details of the three groups being offered.



MONDAY SESSIONS!

PRECISION HOCKEY

U9 & U11 Skills Clinics

This high-intensity 10-week autumn session will focus on individual skill development.

MONDAYS 6:00PM
AT WESTWOOD ARENA
WITH ÉRIC HOUE

January 5 to March 9

FOR HWI PLAYERS IN:
U9 & U11
(single letters only)

\$190 FOR 10 WEEKS



TUESDAY SESSIONS!

PRECISION HOCKEY

U9 & U11 Skills Clinics


This high-intensity 10-week autumn session will focus on individual skill development.

TUESDAYS 4:30PM
AT BOB-BIRNIE ARENA
WITH ANDREW MILLER

January 6 to March 10

FOR HWI PLAYERS IN:
U9 & U11
(single letters only)

\$190 FOR 10 WEEKS



PRECISION HOCKEY

U13 & U15 Skills Clinics

This high-intensity 10-week autumn session will focus on individual skill development.

MONDAYS 7:00PM
AT WESTWOOD ARENA
WITH ÉRIC HOUE

January 5 to March 9

FOR HWI PLAYERS IN:
U13 & U15
(single letters only)

\$190 FOR 10 WEEKS



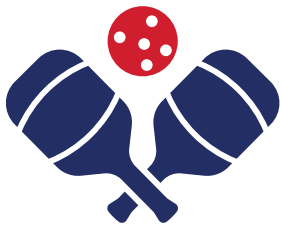
NEWS FROM OUR PARTNER CITIES

Reminder: Parents must supervise their children as well as players' siblings in the arenas. Both cities have asked us to emphasize this point, as there are too often children playing inappropriately in the arenas.



The Dorval Holiday Market runs until December 14 in Dorval Village (at the intersection of Tulip and Dawson Avenues). Visit local vendors, enjoy the festive atmosphere, taste delicious treats, and do a little shopping.

[Click HERE to see the full schedule of activities.](#)

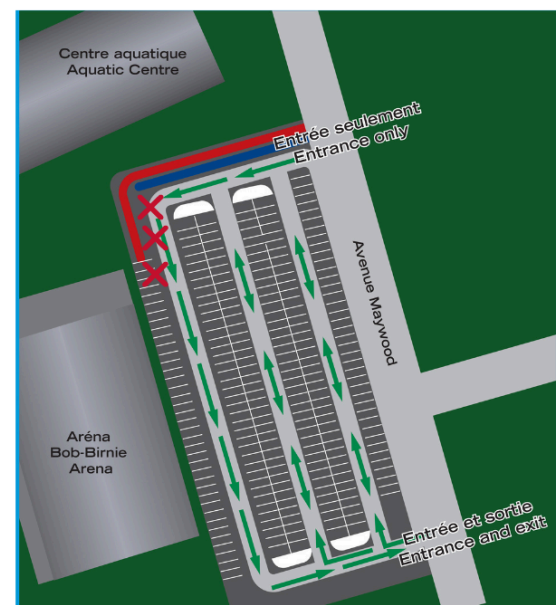


If you're looking for other ways to stay active this winter, the Olive-Urquhart Sports Centre in Pointe-Claire offers a wide range of activities and classes for all ages.

Daily rates and memberships are available!

Visit the [OLIVE-URQUHART SPORTS CENTRE.](#)

The Bob-Birnie Arena parking lot is very busy on weekends. Please allow extra time to find a parking spot, and drop off your children only in the designated lane (marked in blue). Stopping elsewhere may result in a ticket and frustrate all the drivers stuck behind you.



■ Zone pour les véhicules d'urgence
Zone for emergency vehicle

■ Débarcadère
Drop-off zone



SPONSORS NEEDED

Our 2026 Provincial Tournament is looking for sponsors.

In return, we offer you:

- Local visibility (social media, signage, photos)
- Tons of recognition... and smiles!

Whether you are a small business, a self-employed individual, a parent with an idea, or work for a large company—every contribution makes a big difference.

Interested in supporting our tournament or learning more? Contact us by email:

clatreille@hockeywestisland.org

Thank you for encouraging youth sports and being part of their journey!

PLEASE REMEMBER...

1. These are children
2. It's just a game
3. Parents should encourage all participants
4. Officials are human
5. You and your child are not playing for the Canadiens

Zero-tolerance zone for abuse toward officials, players, and other spectators.

Please be respectful and have fun!

ON BEHALF OF HOCKEY WEST ISLAND, WE
WISH ALL OUR PLAYERS AND THEIR
FAMILIES A WONDERFUL HOLIDAY SEASON!