

NORTH SHORE WINTER CLUB

Winter 2018 Program Guide



WINTER REGISTRATION
Members November 14 @ 10am
Non Members November 28 @ 10am
Sign up at www.nswc.ca or nsw.gametime.net



NORTH SHORE
WINTER CLUB

CHRISTMAS HOURS

DECEMBER 24TH
DECEMBER 25TH
DECEMBER 26TH
DECEMBER 31ST
JANUARY 1ST

6:00AM - 12:00PM
CLOSED
CLOSED
6:00AM - 2:00PM
CLOSED

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Senior Management Team



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604-985-4135
NORTH SHORE WINTER CLUB
1325 E. KEITH RD. NORTH VANCOUVER, BC V7J 1J3

Program Registration



Member Services Manager
Barb Hufsmith
barb@nswc.ca

MEMBER SERVICES HOURS OF OPERATION

Monday - Sunday
6am - 10pm

Program Registration Information

Member Registration opens at

10am on November 14, 2017.

Non Member Registration opens at

10am on November 28, 2017.

There are three ways to register for programs:

1. Online registration at www.nswc.ca
2. Phone registration - **604-985-4135 ext 0**
3. In person registration at Member Services.

- All programs will have a minimum and maximum enrollment.
- A waiting list will be formed after a particular program is filled.
- No credits or pro-rating will be provided for missed sessions.

Fitness Registration Information

Go to mindbodyonline.com to view Fitness Class schedule and pre-sign up for classes up to 30 days in advance.

CANCELLATION POLICY

There are 2 ways to cancel a PROGRAM registration:

1. Phone registration: **604-985-4135 ext 0**
2. In person at Member Services.

- 100% refund: up to 72 hours before program start time
- 50% Refund: less than 72 hours before program start time UNTIL 48 hours after program start time

- No Refund: more than 48 hours after program start time
- NSWC reserves the right to adjust any incorrect program fees or program information due to printing errors and to cancel any classes due to low enrollment or unforeseen circumstances.
- Full refunds will be provided if a program is cancelled. Any decisions to cancel programs will be made a minimum of 3 days prior to the program start date. All participants will be informed via email or telephone.
- Fitness classes must be cancelled within 4 hours of class start time or full fee will be charged for session.

All program fees listed in program guides, brochures and publications do not include taxes. Additional GST will be charged upon payment.

PAYMENT

- Payment must be made in full at the time of registration
- We will automatically charge member accounts.
- Public must pay at the time of registration by credit card; no other method of payment will be accepted.

SPECIAL EVENT/CAMP/TOURNAMENT

ADDITIONAL REFUND POLICIES

- Refunds will only be issued for extenuating circumstances of illness or injury for tournaments and camps. Written medical documentation must be submitted to NSWC and signed by a physician.
- No refunds will be issued for special events.

LOOK WHAT WE SELL AT MEMBER SERVICES:

Tennis Balls, Stick Tape (Black or White), Sock Tape
Hockey Laces, White Board Markers
Winter Hawks Water Bottles
NSWC Metal Drinking Bottles (For hot or cold beverages)

SKATE SHARPENING AVAILABLE

- Drop off and pick up your skates at Member Services
- 24 hour turnaround to have your skates sharpened
- Single, 5 pack or 10 pack available

Follow us for info, updates and more!



[facebook.com/myNSWC](https://www.facebook.com/myNSWC)



[Instagram.com/myNSWC](https://www.instagram.com/myNSWC)



twitter.com/myNSWC

General Club Information

Communication Email Weekly Eblast

Are you getting our weekly Wednesday e-Newsletter "Let's Get Connected - The Weekly NSWC Connection"? If not, then you're not hearing about all the great new things that are upcoming. Contact Mairi at mmacdonald@nswc.ca to have your name added to our list.

Clubhouse Rules Junior Members - R16

- The responsibility for supervision and safety of the Junior Members on Club property rests entirely with the parents or guardians. Pre-school (under 6) children must be accompanied by an adult or a responsible Junior Member over the age of sixteen (16) while on the premises, including if that child is participating in a Club program.
- Children between the ages of 6 and 10, other than while participating in a supervised Club program, must be accompanied by an adult or a responsible Junior Member over the age of (16) while on the premises.
- All unaccompanied Junior Members shall be off the premises by 10 pm unless they are attending a special function or Club event sponsored for their benefit.

Guest Rules –R20

- Regular members (19 years old and over) may introduce, without fee and without limitation, on any number of occasions, guests who do not intend to participate in any Club activity, but simply to attend or participate in a social occasion. A social occasion for this purpose is considered to be a visit to the Cafeteria, Main Lounge, HTC Lounge, Tiki Bar, a Club social function, or to participate in a game of bridge or billiards.
- Regular members may introduce guests to participate in certain activities of the Club upon payment of a guest charge.

The activities for which a charge is levied are as follows:

- Swimming
- General Skating or Ice Hockey
- Tennis, Squash, Racquetball
- Sauna, Steam, Whirlpool
- Fitness Centre
- With the consent of their parents, Junior Members, aged eighteen (18) and under, are permitted to introduce junior guests to participate in the activities outlined for Junior Guest Fees.
- Junior members are permitted a maximum of two social guests at a time. All junior guests must be signed in and must be accompanied by the sponsoring Junior Member who is responsible for their department in the Club.
- All regulations applying to members will apply to guests.
- Guest privileges are available on a daily basis for a family (available through Member Services). Guest cards must be shown when using the Club.
- Guest privileges are available on a weekly basis for out-of-town visitors (available through Member Services). There are per person or per family rates per week up to a maximum period of 8 weeks in any year. Guest cards must be shown when using the Club.



- The names of all guests must be entered in the guest register to provide a record of who is in the Club in case of phone calls, etc. Guests must be accompanied by their member sponsor who is responsible for their department while in the Club. Guests not signed in may lose guest privileges indefinitely.
- Each member is allowed a maximum of four participating guests per month, none of whom may be introduced more frequently than twice per month in total - to clarify, no non-member individual may be granted Guest Privileges more than 2 times in any given 30 day period, whether by a single Member or multiple Members. In cases where a guest has not been registered or a guest fee paid, there will be an unregistered guest charge of \$50.00 (See current Fees, Dues, Fines, and Assessments attachment) for first offence, \$100.00 (see current Fees, Dues, Fines, and Assessments attachment) plus a week's suspension for a second offence.
- Guests of a member will not be permitted to find another member to sign for him/her to prolong the visit. The guest has to leave at the same time as the member who initially accompanied him/her.
- Members who resign from the Club will not be re-admitted to the Club as a participating guest for a period of six (6) months after cancellation.

Facility Rentals - R54

For facility rentals, room bookings and catering inquiries, please contact booking@nswc.ca .

- Members may rent facilities at the Club for personal use.
- Members may not rent facilities at Member rates under any condition where a profit is made through the use of those facilities. Non-member rental rates would prevail.



JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 4 TNT: January 3rd - 7th		5 Friday Fun Night	6
7 TNT: January 3rd - 7th	8	9	10 Grand Slam Australian Open Tennis Men	11 Grand Slam Australian Open Tennis Women	12 Friday Fun Night	13
14	15	16	17 Club Championships Singles Jan 15th - 19th	18	19 Friday Fun Night	20
21	22	23	24	25 Ladies Night	26 Friday Fun Night	27
28	29	30	31			

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Friday Fun Night All Star Hockey Games	3
4	5	6	7 Club Championships Doubles Feb 5th - Feb 9th	8	9 Friday Fun Night	10
11	12	13	14 Valentines Dinner	15 Ladies Night	16 Friday Fun Night	17
18	19	20	21 Club Championships Mixed Doubles Feb 19th - Feb 23rd	22	23 Friday Fun Night	24 Winter Bash Tennis
25	26	27	28			

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Friday Fun Night	3
4	5	6	7	8	9 Friday Fun Night	10
11	12	13	14	15 Ladies Night	16	17
18	19	20 Pee wee A2 Prouncials March 18-22	21	22	23	24
25	26 Spring League March 26 - June 15	27	28	29	30	31

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Initiation Hockey Banquet	4 Female Hockey Banquet	5 Atom Hockey Banquet	6 Friday Fun Night	7
8	9	10 Pee wee Hockey Banquet	11 Bantam Hockey Banquet	12 Midget Hockey Banquet	13 Friday Fun Night	14
15	16	17	18	19 Ladies Night	20 Friday Fun Night	21
22	23	24	25	26	27 Friday Fun Night	28
29	30					

Letter from the General Manager



**GENERAL
MANAGER**
Joanna Hayes
jhayes@nswc.ca

I have now been in the General Manager role for just over a year, and it has been a pleasure to work beside great people this past year that give so effortlessly to the Club. I would like to highlight some key aspects of Club operations, and touch on some of the successes and forward moves we're going to encounter. I thank you for your continued support of the Club and our programs, events and activities.

No doubt you have seen many new faces around the club as of late; we have been busy since February 2017 when the team began a membership drive that concluded on August 31, 2017, with the family membership entrance fee increasing to \$10,000. During the successful membership drive, we had over 80 new members join, plus, we offered a special incentive for Alumni members and as a result we welcomed back 25 members who grew up at the club!

Member feedback has led to changes to our menu offerings in the lounge and café in the past few months. With new Executive Chef, Andrea MacLean, the kitchen team has been able to offer special Friday night themes for the Fall with taco and pasta bars, grab and go options, and more creative daily features.

Management is striving to attract and train staff in an effort to improve the level of service, speed of service and consistency. In our quest for improving the food services we have started with some small equipment improvements, updating the flow and workspace areas. Members can look forward to more events, specials, updated menu items from local suppliers, and new wine & beer offerings. We also are committed to improving the comfort in the F&B areas, as well as providing a member value discount of 15% when meals are charged to your member account. This will launch in November along with our new winter menu.

We have been undergoing an annual review of our Bylaws and House Rules. We sincerely want all members of all ages to feel welcome at the Club and to truly enjoy the comfort, the convenience and the escape it provides. Members see the Club as a home away from home, and we want to ensure that members feel safe while in the facility, so we have been taking measures to improve the safety and security. We have improved our training at the front desk with the staff being more diligent on member guest and visitor sign-ins, as well as controlling access to the Club. We also continue our quest for attaining a photo of each member on file to assist our team in monitoring club usage. We are in the process of upgrading the security cameras with new HD technology, as well as the fobbed front entrance door. We will be asking members to be more diligent in using their fobs when accessing the club. We also want to ensure that members are mindful of their children's whereabouts while in the Club, and that they are behaving as they would while in their own or a guest in someone's home.

We have been continuing to develop and expand youth programming, outside of swimming, tennis and hockey. We introduced Sportball, targeting some of our youngest children, promoting physical literacy and building self-confidence while exposing children





to a multitude of sports. We also partnered with 3 Point Basketball introducing the fundamentals of Basketball to those 6 years to 16 + years, as well as adding Brazilian Jiu Jitsu programs and Squash.

The Club also added Pro-D Day Camps that have been popular and successful and we're excited to be able to offer more Holiday Events throughout the year.

We did have a cold winter this past year, making the upper tennis courts quite uncomfortable. Many tennis players found themselves wearing toques and mittens while playing indoors. With generous financial contributions from the Tennis Committee and Tennis Canada, the Club will be able to install an optimal heating system for courts 5, 6 & 7 to keep everyone warmhearted this upcoming winter.

As you aware, Cam Paddock resigned from the position of Hockey Director this Fall. Cam was key in building the strategy for the growth, development and leadership of the hockey program over the past 3 years, and we thank him for his dedication to the Club. The hockey committee and faculty are committed to building a 3-5 year strategic hockey plan that will provide guidance and clarity for all the important decisions that relate to member satisfaction and hockey at the Club. We will be sending out a detailed hockey program survey as an opportunity to investigate what the membership society envisions for their hockey program and to build the strategy moving forward. With this approach, we will execute the lengthy process of

a nationwide search for an individual that will be successful at this Club in the Hockey Director role and deliver on member satisfaction. We have built a strong development program that supports teams at all levels, and we look forward to creating more opportunities for athletic development.

At the same time, we are striving to enhance our elite level hockey programming. As combining sport and school for hockey players has been a growing trend and changing the landscape of hockey in Canada, the NSWC will be making another application submission to the Canadian Sport School Hockey League to acquire Academy teams for the 2018-19 season and moving forward. We have support from the Minor Hockey Committee, School District and Club Board of Directors to pursue this elite level and be able to provide our members with an opportunity to increase their skills and play at higher level of competition within their own club.

Enjoy the Fall and Winter programming, we look forward to seeing you take advantage of the Club and it's new offerings. All of these changes could not have been possible without a fantastic team working beside me. This club has a very passionate staff group that is committed to improving the member experience. They have really grown together as a team over the past year, always accommodating and helpful. A huge thank you to them and the hours they spend at this Club.

Alumni Member Moments

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The North Shore Winter Club conducted a Membership Drive from May 1st through August 31st, 2017. As part of this initiative, the Club had a special incentive for Alumni Members and as a result, we welcomed back 25 Members who grew up at the Club! As your kids can attest to, growing up at the NSWC is an amazing experience and these Alumni are looking forward to sharing that with the next generation. Here are a few of their stories...

Scott Hewson

Scott Hewson started his hockey career at the NSWC before moving on to play in the BCJHL/BCHL for the Penticton Panthers, in the CCHA for Bowling Green State University, and in the ECHL for the Pensacola Ice Pilots and the Baton Rouge Kingfish. Scott and his wife Danielle have two children, Avery (2007) and Cara (2010) and a new baby on the way! Both kids are playing hockey at the NSWC and Scott is coaching the Atom A2 team. Scott looks forward to watching his family grow up at the NSWC and to developing great friendships and memories along the way.

Mike Parminter

Mike Parminter joined the North Shore Winter Club in 1990 where he played all of his Minor Hockey before moving on to play Junior B. Mike later coached the Atom A1 team from 2000 until 2006, then from 2009 until 2011, winning a Dedication to Coaching award that still sits on his desk today. Mike also coached at the Bantam AAA level and was the assistant coach in 2005, when the NSWC won Provincials and Western Canadians. Mike has loved the NSWC since he was 10 years old and he is thrilled to be back with his wife, Kelsey and kids, Mya (2012) and Hayden (2014). He can't wait to get the kids on the ice and into any sport they want to try at the Club. Mike says he "is and will continue be a very proud Member and looks forward to showing his family all of the amazing things the Club has to offer."

Jeff Herman

Although he and his family have been NSWC Members since 2008, Jeff Herman is proud to say that he grew up at the Club, before he moved on to play in the BCJHL for the Bellingham Ice Hawks then in the CCHA for Bowling Green State University. Jeff later played pro in Germany for two seasons. Jeff, his wife Shannon, and two children, Avery (2008) and Quinn (2011) are still active NSWC Members, involved in hockey at the Atom Girls and H2 levels.



Travis Payne & Albert Huopalainen

Albert Huopalainen and Travis Payne grew up playing Minor Hockey at the North Shore Winter Club from the early to mid 1990's. The duo scored so many goals on the small rink score clock that they decided to purchase it from the Club a few years ago. Travis proudly hangs the score clock in his garage! Al and his wife Suzanne as well as Travis, his wife Courtenay, and children Lachlan (2012) and Wilson (2015) couldn't be more excited to be back at the NSWC!



Kara Gibson

"The NSWC was such a big part of my childhood," remembers Kara Gibson (nee Tasaka), who "practically lived at the Club." Kara was an outstanding athlete during her youth, having set provincial swimming records and played competitive ringette, which paved the way for her to play AAA hockey. Kara has so many amazing memories of coaches, teammates, and championships. She made lifelong friends through Marlins and ringette and she is so excited to return to the Club and to bring her family with her. Kara's husband Joel is also an elite hockey player, having played for the UBC Thunderbirds. He is also a goalie coach. Kara and Joel have three children, Koji (2007), Kenzo (2011), Keiko (2014). Seeing her boys playing on the same ice she learned to skate on and watching her daughter swim in the same pool she spent countless hours training in brings Kara so much joy and nostalgia. Welcome back Kara!

Tennis Member Moments

*It was a sensational **Summer of Tennis** for North Shore Winter Club Members!*

Ladies League Success

Congrats to Division 5 "Simply Smashing," Division 3 "Doubleshots," and Division 1 "North Shore Winter Club" for finishing in second place in their respective leagues! Fantastic effort ladies, let's aim for the top spot next year! Captained by Patti Karran and Lorraine Macdonald, our "NSWC Cervaces" won the "Night 2" Division and will join the "North Shore Winter Club" in Division 1 next year!



Men's League Success

The Open men's team, captained by Keith Leech, were runner ups in the A1 Division while the second team came a very close second place in the B2 division, losing out on the title by just two points!



Tournament Success

Our Members flew the NSWC flag high in various tournaments across the city. They even won some silverware whilst they were at it!



STANLEY PARK

Men's 3.5 Singles
Ed Dolan, 2nd place

Men's Open Singles
George Jecminek, 2nd place

Women's Doubles 4.0
Paula Evans and Patti Karran, 2nd place

Mixed Doubles Over 75
Fabio and Amy Walker, 1st place

Mixed Doubles 3.0
Sandra Todd + Mike Riml, 1st place



BURNABY OPEN

Women's Doubles 3.0
Jennifer Gottschalk and Avgi Holman, 2nd place

Women's Doubles 4.0
Paula Evans and Patti Karran, 2nd place

Senior National Championships

We had a phenomenal turn out on the Senior Nationals Championship this year, with coach Bob Exell coming in third in the over 55 Doubles Division, Keith Leech capturing third place in the over 45 Division, and Warren Lore coming fourth place in the over 65 Singles Division. Well done gents on your fantastic achievements!

Blue Shore Financial Summer Smash

It was another incredible year for the Summer Smash, with 102 teams battling it out in several different categories. Thank you to all the Members who gave up their time to support the tournament and help it run smoothly all week! Our Members achieved the following results:

Men's 3.0
Rob Bertini and Kevin Driscoll, 1st place

Women's 2.5
Sandra Ungemach and Nikki Charlton, 2nd place

Women's 3.0
Denise Hughes and Yukiki Joyce, 2nd place

Women's 3.5
Lisa Legault and Tanya Valk, 1st place

Men's 4.5
Dan Carney and Ryan Lore, 1st place

Club Legacy Clay Court Challenge

A team from the NSWC won the week-long Legacy Clay Court Challenge at the Vancouver Lawn Tennis & Badminton Club. They beat out teams comprised of players from VLTBC, Jericho Tennis Club, Richmond Country Club, Arbutus Club, Burnaby Tennis Club and across the province. More important than the trophy, the team won a \$500 charitable donation that was made to NSWC junior tennis on behalf of Paul Shellard, who represented the Club at this event for many years. Congratulations to the following NSWC Members and coaches who played on the team: Scott Braley, Bob Exell, George Jecminek, Greg Johnson, Steve Keys, Keith Leech, Warren Lore, Fabio Walker, and Joe Wood. A great event, great result, and a great cause!

Social Tennis

Throughout the summer, the Tennis Committee organized "Social Tennis" for Members, and with help from the Club pros, it made for fun evenings of tennis each week. The two nights that stood out in the social calendar were the "Retro Whites Night" and the annual "Jamaica Night." "Retro Whites Night" was a huge success, not only because of the gin tasting but also because we took it back to the 70's and enjoyed playing in all white clothes with old school wooden racquets. We're looking forward to next year already! "Jamaica Night" is always a particularly special event. Run by Club coach Atton Burrell, Members were encouraged to come dressed in their best Jamaican gear and donate clothes to the people in Atton's hometown of Ocho Rio, Jamaica. Over thirty people attended the event and there was an incredible outpouring of support and donations. Read Atton's story of his trip to Jamaica.



Jamaica Trip

My name is Atton Burrell and I am one of the tennis pros at the North Shore Winter Club. I recently took a trip to my home land of Jamaica and coached three tennis clinics for kids that are less fortunate, yet passionate about the game of tennis. I coached clinics in Montego Bay, Kingston, and in my home town of Ocho Rios, also known as "Ochi." Years ago, I was one of these impoverished kids that needed help from generous people who donated items to me so that I could pursue the sport I love so much.

Now it was my turn to give back to the communities where I grew up playing tennis. With the generosity and donations of everything from tennis attire, shoes, socks, rackets, sting, grip, bags, balls, etc..., we were able to donate these items to kids across Jamaica.

It is my hope that one day Jamaica will produce a "Usain Bolt" of tennis, and I know that with the donation of these items, we are one step closer to making the dream of one or several of these kids a reality. The enthusiasm and smiles on the kids' faces was priceless. I personally want to thank the Members of the Club for all that you have done to make this possible. It was a great success and you made a lot of kids happy. From the bottom of my heart, I sincerely thank you!

Atton Burrell

New Member Appreciation Bbq

2017 was a busy year for Membership, with over one hundred new Memberships sold! In an effort to welcome all the New Members, we hosted a New Member Appreciation BBQ on August 25th, 2017 for the new Members to meet other Members (new and old), staff members, management, Board Members, and Committee Chairs. Over 150 new Members attended for the buffet, sangria, beer, wine, and socializing!

Girls Afternoon Affair

The Girl's Afternoon Affair was a busy afternoon full of activities, including basketball, dance, jiu jitsu, sportball, and tennis, before the girls and women spent time in the sunshine on the Tiki Deck. Women enjoyed French 75 cocktails and a wine tasting, while the girls got their faces painted, bounced in the bouncy castle, and refueled with plenty of treats. Fun was had by all!





Winter Club Spinach Dip

2 cups cream cheese
1 cup sour cream
½ cup mayo
5lbs spinach, wilted and cooled
1 pkg Knorr vegetable soup mix
4Tbsp garlic
1Tbsp garlic powder
3 lemons, zest and juice
Salt and pepper

METHOD

Sautee the spinach until it is completely wilted, allow to cool. Place in clean towel and squeeze out as much of the water as possible, then roughly chopped.

Combine the remaining ingredients either by hand or in a food processor and mix, add in the chopped spinach and stir.

Taste and adjust seasoning. Allow to chill for 2-3 hours. Serve warm or room temperature with your favorite bread or crackers

Catering

at the North Shore Winter Club



The North Shore Winter Club is the perfect setting for meetings, awards dinners, anniversary parties, weddings, rehearsal dinners, milestone birthdays, memorials, banquets, or fundraising galas. Accommodating groups of five to 220 people, the NSWC offers meeting rooms, dining areas for smaller events, a large ballroom, and an outdoor venue. Whether it's a meeting of the minds over dinner, a corporate retreat, or entertainment and accommodations for professional guests, we've got the facilities and a high level of personalized service to help you.

The Jim Graham room holds up to 220 people and includes a built-in digital projector and screen, a sound system, wireless microphones, and much more. The social lounge, which holds up to 40 people, has a beautiful view of our famous outdoor pool and is perfect for breaks, lunch, or pre-dinner receptions. The hockey viewing lounge is ideal for birthday parties, social gatherings, or meetings while the children play below on the ice or the in the open training centre. The Bar/Lounge or outdoor patio is a more casual dining experience for a small group or up to 80 people. The Board Room can accommodate up to 16 people and is equipped with convenient meeting resource tools.

- Celebrate occasions in a private setting
- Locally inspired menus with fresh ingredients by the Chef
- Complimentary fresh floral arrangements and votive candles
- Attentive, experienced dedicated staff
- Ample underground parking
- Complimentary coat check services
- Conveniently located just over the Second Narrows Bridge

For more information and to book your event, contact bookings@nswc.ca.





Difficult things about Coaching MINOR HOCKEY

One of the most difficult things about coaching minor hockey is the sheer amount of responsibility. Holy cow does that ever sound complainy, but it's true. It's a lot of work!

I coached teams from Hockey 3 all the way through Major Midget and everything in between for nearly ten years, and it would take me a hundred years to document every memory from every team. You're in charge of the product on the ice, the varying personalities of all your players, the schedule, working with the minor hockey association, and oh yeah then you have to answer to the parents, the primary stakeholders footing the bill and paying your stipend.

I'm not complaining (I swear), my minor hockey experience helped shape the coach I am today. But I am happy my focus is much narrower these days.

When I accepted the job as assistant coach with the UBC Thunderbirds about 11 months ago, I wasn't completely sure what my role would entail. I played forward most of my life and concentrated on forwards when I was coaching the North West Giants, which in hindsight set me up nicely for a completely new role with the UBC Men's Hockey Team.

Coaching Defense

I didn't have an extensive history coaching defenseman when head coach Sven Butenschon assigned me that task. It was difficult at first, but the clean slate accompanied by my obsessive thirst to know more was ideal. I've spent the last year studying defensemen in the NHL as well as throughout the minor hockey ranks during events such as the U16 BC Cup and the LGS West Coast Prep Camp. Plus, of course, working with my defensemen at UBC. Here's what I've learned.

For Coaches: Keep It Simple

No matter what level you're coaching, it's crucial to keep the message straight forward and to the point. Every hockey player on earth plays better when they're comfortable and confident. Thinking during a game isn't ideal because it interrupts flow. Flow is a desired game state that hockey players strive for because decisions are instant. They dictate rather than react.

With that in mind, I worked with my UBC defensemen on coming up with a simple approach to the game that can be adopted by every player regardless of their unique playing style, and I think it's something minor hockey coaches at every level can use, too.

1. FIRST 3 STEPS ARE NOT OPTIONAL

This is the most important aspect of playing defense at UBC. We teach our D to defend with their feet. Every start, every pivot, every change of direction, is built on the first 3 steps. It takes time to master, but if you can permanently burn this into your players' minds then every drill will be quicker, every race to the puck stands a better chance of success, and every d-man will have increased success in battles for ice.

2. Stick On Puck

Every player has heard this a hundred times by now, but it's taught in university, junior hockey, and in the NHL, so there's some weight behind it. Gone are the days of separating the man from the puck with a devastating check. These days we teach our defensemen to take care of the puck with a good stick. If the first 3 steps are solid, then they'll be in good body position in the event the opponent is able to protect the puck or slip it through the feet.

3. Toes Facing The Puck

Toes facing the puck also depends on a good first 3 steps. It keeps defensemen accountable and takes away an opponent's time and space. Ever see a d-man turn away from a forward because they haven't properly gauged their speed? It happens at every level. It can be tricky at first to keep the toes facing the puck because it's a bit terrifying, but it's an aggressive style to play that eliminates chances in the defensive zone before they start.

.....
The key behind these pillars is repeating them enough that they become second nature. Flow is a lot easier to achieve when the pillars come naturally and without a second thought. Without a first thought, actually.








By Kelvin Cech

2018 Winter Programs

Ages -3

Sportball Junior	Tues	9:30am - 10:15 am
Sportball Junior	Sat	9:15am - 10 am
Sportball Parent & Child	Tues	10:15am - 11am
Sportball Parent & Child	Sat	10am - 10:45am

Legend

	Sportball		Martial Arts		Basketball
	Hockey		Tennis		Dance
	Squash				

Ages 3-6

Sportball Multi Sport	Tues	12pm - 1pm
Sportball Multi Sport	Sat	11am - 12pm
Dance Sampler	Mon	1pm - 1:45pm
Dance Sampler	Thurs	2:15pm - 3pm
Dance Sampler	Fri	1pm - 1:45pm
Dance Sampler	Sat	10:15am - 11am
Dance Sampler	Mon	3:30pm - 4:15pm
Ballet Technique for Young Dancers	Wed	3:30pm - 4:15pm
Boys Only Hip Hop	Sat	1pm - 1:45pm
Tiny Tot Dance	Tues	3:30pm - 4:30pm
Tiny Tot Dance	Thurs	3:30pm - 4:30pm
So You Think You Can Dance Minis	Thurs	4:30pm - 5:30pm
Le Petit Tennis	Sat	10am - 10:30am
Red Level Junior Tennis	Mon	3:30pm - 4:30pm
Red Level Junior Tennis	Wed	3:30pm - 4:30pm
Red Level Junior Tennis	Sat	12pm - 1pm
Power Skating Hockey	Sun	3:30pm - 4:15pm
Edging and Stroking	Sat	2:45pm - 3:45pm
Edging and Stroking	Sat	6:30pm - 7:30pm
Learn to Skate	Sat	8am - 8:45am
Cookie Monsters Beginner	Tues & Sat	4pm - 4:45pm, 8:45am - 9:30am
Cookie Monsters Intermediate	Tues & Sat	4:45pm - 5:30pm, 9:30am - 10:15am
Puck Skills	Sun	4:45pm - 5:45pm

Ages 6-9

Jumpshot Basketball	Tues	4:10 - 5:10pm
Brazilian Jiu Jitsu	Mon & Wed	4:30pm - 5:30pm
Dance - Jazz Hip Hop	Mon	4:15pm - 5pm
Dance - Jazz Hip Hop	Wed	5pm - 5:45pm
Dance - Jazz Hip Hop	Sat	11am - 11:45am
Dance Musical Theatre Club	Mon	5pm - 5:45pm
Dance Musical Theatre Club	Wed	4:15pm - 5pm
Dance Musical Theatre Club	Sat	1:45pm - 2:30pm
Dance - Ballet Technique for Young Dancers	Wed	3:30pm - 4:15pm
Dance - Boys Only Hip Hop	Sat	1pm - 1:45pm
Tiny Tot Dance	Tues	3:30pm - 4:30pm
So You Think You Can Dance	Tues	4:30pm - 5:30pm
So You Think You Can Dance Minis	Thurs	4:30pm - 5:30pm
Hip Hop Open Level	Tues	5:30pm - 6:30pm
Red Level Junior Tennis	Mon	3:30pm - 4:30pm
Red Level Junior Tennis	Wed	3:30pm - 4:30pm
Red Level Junior Tennis	Sat	12pm - 1pm
Orange Level Junior Tennis	Tues	3:30pm - 4:30pm
Orange Level Junior Tennis	Thurs	3:30pm - 4:30pm
Orange Level Junior Tennis	Sat	1pm - 2pm
Power Skating Hockey	Sun	2:15pm - 3pm
Power Skating Hockey	Sun	3:30pm - 4:15pm
Edging and Stroking	Sat	2:45pm - 3:45pm
Edging and Stroking	Sat	6:30pm - 7:30pm

Ages 9-12

Hoosiers Basketball	Thurs & Sun	5:35 - 6:35pm, 12pm - 1pm
Brazilian Jiu Jitsu	Mon Wed	5:45pm - 6:45pm
Dance - Musical Theatre Club	Sat	1:45pm - 2:30pm
Dance - Musical Theatre Club	Wed	4:15pm - 5pm
Dance - Ballet Technique for Young Dancers	Wed	3:30pm - 4:15pm
So You Think You Can Dance	Tues	4:30pm - 5:30pm
Hip Hop Open Level	Tues	5:30pm - 6:30pm
Squash - Beginners Juniors	Mon Wed	4:30pm - 5:15pm
Green Level Junior Tennis	Tues	3:30pm - 4:30pm
Green Level Junior Tennis	Thurs	3:30pm - 4:30pm
Green Level Junior Tennis	Sat	2pm - 3pm
Power Skating Hockey	Sun	1:30pm - 2:15pm
Power Skating Hockey	Sun	4:15pm - 5pm
Power Skating Hockey	Sun	5:15pm - 6pm
Edging and Stroking	Sat	1:30pm - 2:30pm
Edging and Stroking	Sat	4pm - 5pm
Edging and Stroking	Sat	6:30pm - 7:30pm
Puck Skills	Sun	6pm - 7pm
Puck Skills	Sun	7:15pm - 8:15pm
Defense Skills	Sun	3:30pm - 4:30pm

Ages 12+

Flight Basketball Boys	Thurs & Sun	4:10 - 5:10pm, 1:10 - 2:10pm
Flight Basketball Girls	Tues & Sun	5:15 - 6:15pm, 1:10 - 2:10pm
Squash Beginners Junior	Mon	4:30pm - 5:15pm
Squash Intermediate Beginners	Mon	5:15pm - 6pm
Teen Tennis	Sat	10:30am - 12pm
Power Skating Hockey	Sun	6pm - 7pm
Power Skating Hockey	Sun	6pm - 6:45pm
Power Skating Hockey	Sun	7pm - 7:45pm
Edging and Stroking	Sat	5:15pm - 6pm
Puck Skills	Sun	7:15pm - 8:15pm

For full program details, please refer to the section of interest in the Winter Program Guide

Basketball

WINTER 2018 PROGRAMS



PURPOSE

To introduce basketball fundamentals at an early age while cultivating a culture that empowers athletes to thrive in a team atmosphere. Our value is placed firmly on LEADERSHIP through supportive coaches, DEVELOPMENT of athletic literacy, and COMMUNITY awareness. Through our 3 pillars we believe the sport will have a positive impact on all young athletes given the opportunity to play.

COACHING

Our team of trained coaches are well seasoned as they come with much experience developing young athletes. Each coach is qualified and has strong roots within the community.

ABOUT US

Established in 2013, 3PointBasketball is operated by Mark Curtin (Founder) and Ransford Brempong (Director of Operations), as an after-school basketball program for the primary grades at local elementary schools. 3PB was created to give our own children an opportunity to play and learn the sport of basketball at a young age. Our focus is providing physical activity to children, providing value, giving back to the community, developing leaders, and promoting athletic physical literacy by introducing basic basketball fundamentals.

Jumpshot

Ages: 7 yrs - 8 yrs Coed

Grassroots based coed program that is rooted in the development of fundamentals. Introduction of ball handling, shot mechanics, passing, and athletic movement. Coaches will constantly be cultivating love for the game. Each session will focus on developing a different skill and competitive drill. Includes: basketball, T-shirt, and wrap-up party.

Jan 9 - Mar 13

Tues: (10 sessions)

4:10pm - 5:10pm

Member: \$149 | Non Member: \$179

Hoosiers

Ages: 9 yrs - 10 yrs Coed

Fundamental build up will be highly encouraged by our coaches through drill progressions. Emphasis will be placed on body language, accountability as an athlete, coachability, goal setting, as well as core strength exercises. Primary focus is to develop basketball IQ. Athletes will be competing in weekly 3 on 3 games.

Jan 11 - Mar 15 (Thurs, 10 sessions) AND

Jan 14 - Mar 18 (Sun, 10, 3 on 3 games)

Thurs: 5:35pm - 6:35pm (10 sessions)

Sun: 12pm - 1pm (10 sessions)

Member: \$240 | Non Member: \$299

***\$25 additional charge for jersey**

Flight

Ages: 11 yrs - 12 yrs

High performance competitive environment that promotes growth. Physically and mentally challenging drills.

Fundamentals, team play, agility, quick feet, core strength building, and sportsmanship will be emphasized throughout the sessions. Detailed skill development, and competitive 3 on 3 games will be offered.

Boys

Jan 11 - Mar 15 (Thurs, 10 sessions) AND

Jan 14 - Mar 18 (Sun, 10, 3 on 3 games)

Thurs: 4:10pm - 5:10pm (10 sessions)

Sun: 1:10pm - 2:10pm (10 sessions)

Member: \$240 | Non Member: \$299

***\$25 additional charge for jersey**

Girls

Jan 9 - Mar 13 (Tues 10 sessions) AND

Jan 14 - Mar 18 (Sun, 10, 3 on 3 games)

Tues: 5:15pm - 6:15pm (10 sessions)

Sun: 1:10 - 2:10pm (10 sessions)

Members : \$240 | Non Members: \$299

***\$25 additional charge for jersey**

ANY QUESTIONS PLEASE CONTACT US AT:

admin@3pointbasketball.com

www.3pointbasketball.com

JUST PLAY. HAVE FUN. ENJOY THE GAME.

Michael Jordan

Dance

WINTER 2018 PROGRAMS

ATTIRE FOR JUNIOR DANCE CLASSES

Tiny Tot + Ballet Junior Dance:

Non-restrictive, and easy to move in clothing. Ballet slippers or bare feet are fine however please, no slippery socks/tights. Tiny tots are welcome to dress in costumes as long as they do not restrict movement.

Jazz / Hip Hop (Girls + Boys):

Loose and easy to move in clothing of choice, and clean non-marking runners.

DANCE INSTRUCTORS

Bryn Rasmussen

brynasmussen@shaw.ca

Bryn is extremely excited to be entering her third year of teaching dance at NSWC and can't wait to meet many new faces as well as see lots of familiar ones in class. Bryn is an Internationally certified dance teacher and looks forward to sharing her knowledge with her students!

Christie Saunders

dancewithchristie@gmail.com

www.dancewithchristie.com

Dance with Christie is run by International professional dancer and instructor Christie Saunders. Christie's has twenty years experience in the dance industry and is a sought after dance instructor. She has taught and choreographed all over the world and is thrilled to be able to offer these select classes in her home town of North Vancouver.

Tiny Tot Dance

'Dance To The Music'

Ages: 3 yrs 6 mos - 6 yrs 6 mos

(Age exceptions considered with prior approval by Bryn)

Does your tiny tot love to strut their stuff and show off their moves around home? Bring them to Tiny Tot 'Dance To The Music' Class where they will have a room full of mirrors to do this in, as well as be guided through some more basic moves to add to their list of 'go to grooves'. This class is sure to be a fun hour, and your little one will be taught the very basics of ballet and jazz technique as well as what it is like to be in a dance class. This class is an amazing confidence builder for tiny tots and Miss Bryn welcomes and encourages big imaginations!

Instructor: Bryn Rasmussen

Jan 16 - Mar 13 | Tues : 9 sessions

Jan 18 - Mar 15 | Thurs: 9 sessions

3:30pm - 4:30pm | Member: \$120 | Non Member: \$144

Juniors (SYTYCD)

'So You Think You Can Dance'

Ages: 7 yrs - 12 yrs

(Age exceptions considered with prior approval by Bryn)

This class is two steps up from Tiny Tot and is designed for dancers who have completed two or more dance sessions with Bryn or any other dance teacher. Come dance! Do you have a child dreaming about being in a dance class or maybe even of being on the hit T.V. show 'So You Think You Can Dance'? Come be a contestant for this set of dance classes inspired by the show! Junior dancers will be introduced to jazz, ballet, musical theatre, hip-hop, and more. All contestants will be winners with this fun and upbeat class!

Instructor: Bryn Rasmussen

Jan 16 - Mar 13

Tues: 9 sessions | 4:30pm - 5:30pm

Member: \$120 | Non Member: \$144



Minis (SYTYCD)

'So You Think You Can Dance'

Ages: 5 yrs 6 mos - 9 yrs

(Age exceptions considered with prior approval by Bryn)

This class is one step up from Tiny Tot and is designed for dancers who have completed one or more dance sessions with Bryn or any other dance teacher. Come dance! Do you have a child dreaming about being in a dance class or maybe even of being on the hit T.V. show 'So You Think You Can Dance'? Come be a contestant for this set of dance classes inspired by the show! Mini dancers will be introduced to jazz, ballet, musical theatre, hip-hop, and more. All contestants will be winners with this fun and upbeat class!

Instructor: Bryn Rasmussen

Jan 18 - Mar 15

Thurs: 9 sessions | 4:30pm - 5:30pm

Member: \$120 | Non Member: \$144

Hip Hop Open Level

Ages: 6 yrs - 12 yrs

(Age exceptions considered with prior approval by Bryn)

This class is designed for all levels, and Bryn will adjust material accordingly. Everyone welcome, from beginners to dancers with experience! Hip Hop is a one-hour long upbeat class focused on hip-hop fundamentals, grooving, and style. Participants can look forward to a fun, high-energy class with choreography to the newest music in town and plenty of opportunity to develop their own sense of style within their dancing. This class is sure to expand knowledge of dance moves, build confidence, as well as strengthen balance and coordination necessary for all sports.

Instructor: Bryn Rasmussen

Jan 16 - Mar 13

Tues: 9 sessions | 5:30pm - 6:30pm

Member: \$120 | Non Member: \$144



Dance with Christie

Sampler

The Sampler class is to give little ones a taste of all the classes offered (Ballet, Jazz, Musical Theatre & Hip Hop). The ballet and jazz basics will be taught and fun routines in all styles will be learned. A minimum of 2 styles will be focused on in each class.

Instructor: Dance with Christie

Ages 3 yrs - 5 yrs

Set #1: Jan 8 - Mar 5

Set #2: Mar 12 - May 28

Mon: 8 sessions

(No session Feb 12, Mar 19, Mar 26, Apr 2, May 21)

1pm - 1:45pm

Member: \$86 | Non Member: \$102

Set #1: Jan 11 - Feb 1

Thurs: 4 sessions

2:15pm - 3pm

Member: \$43 | Non Member: \$51

Set #1: Jan 12 - March 2

Set #2: Mar 9 - May 11

Fri: 8 sessions

(No session Mar 23, Mar 30)

1pm - 1:45pm

Member: \$86 | Non Member: \$102

Set #1: Jan 13 - Mar 10

Set #2: Mar 17 - May 26

Sat: 8 sessions

(No session Feb 10, Mar 24, Mar 31, May 19)

10:15am - 11am

Member: \$86 | Non Member: \$102

Set #1: Jan 13 - Mar 10

Set #2: Mar 17 - May 26

Sat: 8 sessions

(No session Feb 10, Mar 24, Mar 31, May 19)

11:45am - 12:30pm

Member: \$86 | Non Member: \$102

Ages 4 yrs - 6 yrs

Set #1: Jan 8 - Mar 5

Set #2: Mar 12 - May 28

Mon: 8 sessions

(No session Feb 12, Mar 19, Mar 26, Apr 2, May 21)

3:30pm - 4:15pm

Member: \$86 | Non Member: \$102

Jazz/Hip Hop

Ages: 5 yrs - 9 yrs

Students will learn basic Jazz technique including jumps and turns as well as Hip Hop steps and style while learning to perform dance routines to fun upbeat music.

Instructor: Dance with Christie

Set #1: Jan 8 - Mar 5

Set #2: Mar 12 - May 28

Mon: 8 sessions

(No session Feb 12, Mar 19, Mar 26, Apr 2, May 21)

4:15pm - 5pm

Member: \$86 | Non Member: \$102

Set #1: Jan 10 - Feb 28

Set #2: Mar 7 - May 9

Wed: 8 sessions

(No session Mar 21, Mar 28)

5pm - 5:45pm

Member: \$86 | Non Member: \$102

Set #1: Jan 13 - March 10

Set #2: Mar 17 - May 26

Sat: 8 sessions

(No session Feb 10, Mar 24, Mar 31, May 19)

11am - 11:45am

Member: \$86 | Non Member: \$102

Musical Theatre Club (Mtc)

At Musical Theatre Club (MTC) students will learn three disciplines: Singing, Drama and Dance. The class will explore classic and new musicals such as: Annie, Seussical the Musical, Frozen, Peter Pan, Grease, Wizard of Oz and Wicked. Students will learn to act out scenes, play drama games, as well as learn songs and dances.

Instructor: Dance with Christie

Ages: 5 yrs - 9 yrs

Set #1: Jan 8 - Mar 5

Set #2: Mar 12 - May 28

Mon: 8 sessions

(No session Feb 12, Mar 19, Mar 26, Apr 2, May 21)

5pm - 5:45pm

Member: \$86 | Non Member: \$102



Ages: 6 yrs - 11 yrs

Set #1: Jan 10 - Feb 28

Set #2: Mar 7 - May 9

Wed: 8 sessions

(No session Mar 21, Mar 28)

4:15pm - 5pm

Member: \$86 | Non Member: \$102

Ages: 5 yrs - 10 yrs

Set #1: Jan 13 - Mar 10

Set #2: Mar 17 - May 26

Sat: 8 sessions

(No session Feb 10, Mar 24, Mar 31, May 19)

1:45pm - 2:30pm

Member: \$86 | Non Member: \$102

Ballet Technique For Young Dancers

Ages: 5 yrs - 11 yrs

This class is specifically designed for young dancers wanting to improve their technique. Ballet Technique classes are the foundation for training and focus on developing a solid technique for ballet, jazz, and contemporary. This class will place emphasis on understanding correct body placement, proper use of turn out, coordination of the upper body, and use of arms. The classes will build strength and coordination. We will be learning correct ballet vocabulary and focusing on alignment. There will be an introduction to barre work to build strength and coordination. This class is based on RAD training and is good preparation or addition to RAD classes.

Instructor: Dance with Christie

Set #1: Jan 10 - Feb 28

Set #2: Mar 7 - May 9

Wed: 8 sessions

(No session Mar 21, Mar 28)

3:30pm - 4:15pm

Member: \$86 | Non Member: \$102

Boys Only Hip Hop

Ages: 5 yrs - 9 yrs

This is a class for boys ONLY. No girls allowed! In this class we will learn hip hop steps and style to current upbeat music. We will have a demonstration for parents on the last day!

Instructor: Dance with Christie

Set #1: Jan 13 - Mar 10

Set #2: Mar 17 - May 26

Sat: 8 sessions

(No session Feb 10, Mar 24, Mar 31, May 19)

1pm - 1:45pm

Member: \$86 | Non Member: \$102



Fitness

WINTER 2018 PROGRAMS

The North Shore Winter Club Fitness Centre is an impressive arsenal of machines, equipment, fitness consultants and personal trainers. NSWC fitness staff provide the finest level of instruction to help Members get the most enjoyment out of the facilities, reach personal goals and develop a fit and healthy lifestyle. We offer private training, group training and fitness classes. Our programs are structured to facilitate the absolute beginner to the elite athlete.

Personal Training Services

Personal Training: 1 on 1

Personal training sessions are structured to maximize your personal fitness needs and goals. A friendly relationship with one of our trainers ensures you get on track and stay motivated. Your trainer will design each workout considering the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

Member: \$70 | Non Member: \$80

Group Training: 2 - 5

Group training sessions have become very popular as working out with others is motivating, fun and cost effective. The experience is similar to that of a one on one session as our trainers have the ability to coordinate multiple clients while still giving personal attention. The trainer designs each workout considering the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

2 - Member: \$55 | Non Member: \$60

3 - Member: \$45 | Non Member: \$50

4 - Member: \$40 | Non Member: \$45

5 - Member: \$35 | Non Member: \$40

Team Training

We work with teams of varying ages, sports and levels. Our open concept Gym design + Athletes area allows us to train Teams efficiently and effectively. Each session is designed around the demands of your sport and the general athletic ability and age of your team.

Member Team: \$150 | Non Member Team: \$200

Program Design

We offer individualized programs for those who prefer training on their own. The program is designed with consideration to the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

Member: 3 sessions + program \$250

Non Member: 3 sessions + program \$300

Fitness Centre Hours

Monday - Sunday 6am - 10pm

Members must be 13 years of age to access the Fitness Centre, unless attending a Club program designed for under-age users or under parental supervision. Members under the age of 8 are not permitted to use the Fitness Centre.

Fitness Classes

Fitness enthusiasts have the flexibility of attending a variety of fitness classes throughout the week. Drop-in or 10-20 class passes may be purchased at any time prior to class. Reservations for classes should be made in advance online through MINDBODY. You may remove yourself from a reservation up to 4 hours before class without penalty.

Prices

Drop-in: Member \$17 | \$20 Non Member

10 Pass: Member \$150 | \$180 Non Member

20 Pass: Member \$260 | \$320 Non Member

Intro Pack: 3 classes Member \$35 | Non Member \$42



CLASS DESCRIPTIONS

Winter-Fit

This is your ultimate one hour strength & conditioning workout. Suitable for all fitness levels, each class focuses on the whole body incorporating strength and power training, aerobic and anaerobic conditioning, agility, core strengthening and mobility. Every session is different from the one before but programmed with intent on overall improvement.

Yoga

YOGA always has something to offer you no matter what age, health or disposition, whether you want to increase flexibility, maintain a healthy weight, reduce stress, receive peace of mind and well-being or so many other reasons yoga is here for you.

Power Flow Yoga

The first part of the class is a powerful style of yoga designed to link movement and breath together, but to make you sweat while exhilarating the body and mind. While the second half will focus on Flow/Hatha style of yoga to wind you back down.

Hatha Flow Yoga

This class includes a variety of movements (Asanas) which involve stretching various parts of the body, eliminating tension from mental and physical levels and giving the body vitality and strength. Breathing exercises have a calming effect on nervous system, helps oxygen absorption, increases the lung capacity and reduces stress. Practicing Asana and breathing stabilizes and pacifies body and mind, and develops self awareness on a physical, mental and emotional level.

Pilates

This class will improve flexibility, balance, coordination and agility. Pilates makes the body stronger and leaner through targeting specific muscle groups through body weight and strength. With focus on flexibility, you will see improved balance, coordination, agility, and also prevent injury. You can also expect a heightened sense of mind-body connection, as breath work is an integral part of this training - not only as a method to clear the mind and bring about focus, but also as a tool to engage the core more effectively.





Benefits of SMALL GROUP TRAINING

Small Group Training (2-6 people) has become one of the hottest trends in the fitness industry. At the NSWC we will help you find and form a small group to enhance your fitness experience!

There are some very good reasons why Small Group Training has become so popular. Check out our list why this could be the best option for you.

1. Variety

By working with a knowledgeable fitness professional, your workouts will change/evolve as you progress, preventing hitting a plateau and getting bored.

2. Camaraderie

Those that train together, stay together! Sharing the workout enhances the experience for all the participants.

3. More affordable

While private training provides our members with the most personal attention, you may find that Small Group Training fits into your budget better and still gives you the attention you need.

4. Motivation

What's wrong with a little healthy competition? Working out alongside others will definitely push you to your limits and ensure that you get the maximum out of every session.

5. Fun

Yes, fun! When exercising with others, the energy of the group will keep you having fun each step of the way!

6. Results

Bottom line, when you stick with a knowledgeable trainer and train with others, you are more likely to commit long term and therefore see great results!



Minor Hockey

WINTER 2018 PROGRAMS



Power Skating

High performance explosive speed and power training, power skating with NSWC's Karen Kos. Quick feet, dynamic agility and stride perfection in and up-tempo, educational environment. Full hockey equipment required.

Instructor: Karen Kos

Jan 14 - Mar 18 | Sun: 10 sessions

Member: \$230 | Non Member: \$340

1:30pm - 2:15pm	Atom
2:15pm - 3pm	H4
3:30pm - 4:15pm	H2/H3
4:15pm - 5pm	Atom
5:15pm - 6pm	Peewee
6pm - 6:45pm	Peewee
7pm - 7:45pm	Bantam/Midget

Edging & Stroking

This class will focus on skating movements including balance, edge control and specific precision skating techniques. World Figure Skating Champion Victor Kraatz has work with all levels of hockey players and will help teach and develop players skating structure to push your skill sets to the next level. This dynamic skating class will help you achieve your goals in a fun interactive environment. Full equipment is required.

Instructor: Victor Kraatz

Jan 13 - Mar 17 | Sat: 10 sessions

Member: \$230 | Non Member: \$340

1:30pm - 2:30pm	Initiation
2:45pm - 3:45pm	Initiation
4pm - 5pm	Peewee
5:15pm - 6:15pm	Bantam/Midget
6:30pm - 7:30pm	Atom

Learn to Skate (For Hockey)

This class will focus on hockey player's foundations, set up, stance, edge control and balance. This class is perfect for children who wish to gain confidence and the necessary skills before entering Cookie Monsters or H1. Equipment needed: Helmet with cage, hockey gloves & skates.

Instructor: Cole Todd

Jan 13 - Mar 17

Sat: 10 sessions | 8am - 8:45am

Member: \$100 | Non Member: \$150

Cookie Monsters

The NSWC Cookie Monster Program will help introduce young players to the game of hockey. We will host two skill levels over the summer to best suit your child's development. We will teach the fundamentals utilizing drills as well as games in a fun learning environment. Players will be separated on skill level and maturity to place them in a successful atmosphere. Full hockey equipment is required.

Instructors:

Janelle Iglasias, Cole Todd

BEGINNER

Jan 13 - Mar 17

Tues & Sat: 19 sessions

Tues: 4pm - 4:45pm

Sat: 8:45am - 9:30am

Member: \$228 | Non Member: \$342

INTERMEDIATE

Jan 13 - Mar 17

Tues & Sat: 19 sessions

Tues: 4:45pm - 5:30pm

Sat: 9:30am - 10:15am

Member: \$228 | Non Member: \$342

Puck Skills

High Performance puck skills is targeted to improve puck handling, puck control and improve creativity with the puck. This class will teach everything from stick handling maneuvers to carrying the puck in stride. As puck play is such a key component in hockey, this class will help develop that skill set in a fun and interactive environment. Full hockey equipment is required.

Instructor: Jon Woodyard

Jan 14 - Mar 18

Sun: 10 sessions

4:45pm - 5:45pm - Initiation

6pm - 7pm - Atom

7:15pm - 8:15pm - Peewee/Bantam

Member: \$220 | Non Member: \$330

Defense Skills

The Defense Skills class is targeted for players who want to perform at a high performance level. Players will develop tools to increase mobility, positional play, shooting and defending. Players will be challenged at a High Performance level in a fun, competitive environment. This class is focused to push your skill set to improve your defensive play so you are ready to make the jump to the next level in your hockey career. Full hockey equipment is required.

Instructor: Cole Todd

Atom

Jan 14 - Mar 18

Sun: 10 sessions

3:30pm - 4:30pm

Member: \$220 | Non Member: \$330

Adult Female Hockey Skills

Jan 11 - Mar 15

Thu: 10 sessions

9:45pm - 10:45pm

Member: \$120 | Non Member: \$200





BC Spartans Spring Hockey 2018

- Spartans Elite AAA and BC Spartans AA Level Teams
- Structured Environment
 - Premium Coaching
 - Professional Skills Development
 - Our Motto: Perfect Practice

BC Spartans

We are excited to announce that the North Shore Winter Club will be host to the BC Spartans spring hockey program in 2018.

The NSWC is built on progressive coaching techniques, dedicated training, and pushing minor hockey players to reach their individual potential. The Spartans share these same ideals and values, and all their teams are taught to embrace individual skill within a safe, positive team environment.



**North Shore
Winter Club**
Season Runs:
March 26th - June 4th

Register at www.BCSpartans.com

Phone: 604-298-1808 or Email: info@bcspartans.com



NSWC Hockey Development Model



One of the biggest assets of the NSWC is the strength of its hockey program and hockey brand. The program is nationally recognized and is the major driver of membership at the Club. Dominated by one of the strongest coaching lineups, additional ice times, enhanced skill development, and off-ice training, the NSWC is one of the premium choices for hockey.

NSWC Hockey prides itself on offering the most comprehensive hockey development based on LTAD principles for all ages and skill ranges of any association in the world. We work hard to shape teams and players at every level so that they are ready to compete and be successful. Not only is there a focus on skill/athletic development, but also fundamental movements, life-skills, teamwork, confidence, sportsmanship, leadership and respect throughout all ages and levels.

Development Program

From our A1 teams through our 'C' divisions, our players are exposed to the following opportunities included in their Minor Hockey Program Experience at NSWC:

- Highest level of Coaching found anywhere in the world based on experience and Coaching credentials.
- Minimum one extended length game and two separate practices per week.
- Initiation Aged teams are provided a minimum of 10 on-ice Development sessions with some of the top Power Skating instructors and Skill Development coaches in the industry to ensure our players are getting the absolute best right from their early years.

- Atom - Midget aged teams receive six on-ice or off-ice dryland development sessions lead by industry leading professionals in an athlete centered training space.
- Each NSWC Player has access to a weekly skill development practice for players within their age group.

In addition to the inclusive program that comes with playing minor hockey at NSWC, players also have access to a variety Power Skating, Edging and Skills classes and private lessons taught by NSWC Development Coaches such as former Olympian Victor Kraatz, WHL skating coach Karen Kos and former NHL Player Mats Lindgren.

Goaltending Development

Each team at NSWC is also guaranteed to have ever improving, top of the line goaltending due to each goaltender at NSWC receiving six private lessons. This is in addition to having access to 22 weeks of included goaltender development sessions run by the best Goaltender Development Team in BC.

Goaltending Coaches include:

Sean Murray

WHL Goalie Coach, MML Goalie Coach, NHL private coach

Matt Korchmar

BCHL Goalie coach, MML Goalie Coach

Kris Lazeruk

Former Minor Pro Goalie, WHL Goaltender, Team Canada U18 Goaltender

Sam Huston

NSWC Alumni, Former WHL Goaltender, Off Ice Goaltender Training Guru

Major Midget

As the hockey world is changing with a strong momentum for high level hockey due to the Academies, NSWC is proud to be partners with and host a Major Midget team, the Northwest Giants. This marquee team has played in the Major Midget League for 13 years. In that time, they have been Provincial Champions six times. The Giants are currently leading in enough categories to be considered the best Midget hockey team in the Country, and the 2017-18 team is a solid contender for the Telus Cup.

Having the NW Giants at the Club provides a gateway for current NSWC A1 players to be able to affiliate for practices and games offering further development to our members. Up to 10 NSWC Midget A1 or Bantam A1 players will have an opportunity to play and learn with the best of their age group.

Hockey Faculty Support

This season for the first time, Bob McCuaig, Hockey Manager in the NSWC Hockey Faculty, will not be coaching any specific team at the Club. Instead, Bob will be spending time on-ice supporting coaches in their development and players at the NSWC. This will enable faculty to be able to give feedback to those players and parents looking for an external perspective on where they can make improvements to their game.

Coaching Education

For the coaches within our association, NSWC will offer 2-3 coaching seminars throughout the year featuring BC Major Midget, Canadian University and NCAA coaches. The goal is to not only help the current crop of coaches who are already part of the program but to also build a culture where coaches who move on with their coaching careers come back and help out. With this ever improving culture in mind, we intend to build a reputation where other coaches from other associations are attracted to come and be a part of the coaching community that we are building. The end goal is to have that experience and knowledge passed onto our players, giving them an experience with their coaches that is not rivaled anywhere in amateur sport.

Open Hockey

The final factor that separates NSWC Hockey Development from every other association in our market is the access to Open Hockey. For those players that can't get enough ice times or want to spend time perfecting the skills they have acquired from their various coaches, NSWC offers Open Hockey which is the Lower Mainland equivalent of Pond Hockey. The opportunity for players to simply go out and refine their craft on their own time and on their own terms outside of a structured environment cannot be overstated. North Shore Winter Club Hockey truly does give players and families the absolute best Coaching, Development and experience of any Hockey Program anywhere in the world.



Martial Arts

WINTER 2018 PROGRAMS

Brazilian Jiu Jitsu

Looking for a way to complement your athletic practice by developing your core strength and flexibility? Brazilian Jiu Jitsu (BJJ) is a martial art that not only develops but has been shown to greatly improve speed, power, strength, explosiveness, body mechanics, timing, sensitivity, awareness, accuracy, footwork, distancing, agility, line familiarization, flexibility, balance, coordination and endurance.

BJJ not only develops your physical strength but your body awareness and mental agility. It is an art of movement and strategy that will challenge your body in ways that other sports cannot. Jiu Jitsu requires that you know what is happening at all times and be two steps ahead of your partner while at the same time being aware of what parts of the body have to be engaged in any given situation. This attribute is extremely important on the ice; to know where your teammates are at all times and how not to get hit by your opponents.

Roll Jiu Jitsu has a carefully designed curriculum that will work alongside your hockey, tennis or swimming practice to help build physical and mental strength. We believe the two have to work together for an athlete to be at their best.

Set 1: Jan 15 - Mar 5

Set 2: Apr 9 - May 14

Mon & Wednesday: 6 or 12 sessions

(Set 1: No session Feb 12)

6-8 years: 4:30 - 5:30pm | 9-12 years: 5:45 - 6:45pm

Member: 1x/week - \$90 | 2x/week - \$132

Non Member: 1x/week - \$135 | 2x/week - \$222



Sportball

WINTER 2018 PROGRAMS



Sportball Jr.

Ages: 16 mos - 2 yrs

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

Jan 16 - Mar 13

Tue: 9 sessions | 9:30am - 10:15am

Member: \$135 | Non Member: \$167

Jan 20 - Mar 17

Sat: 8 sessions | 9:15am - 10am

(No session Feb 10)

Member: \$120 | Non Member: \$148

Sportball Parent & Child

Ages: 2 yrs - 3 yrs

Programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress.

Jan 16 - Mar 13

Tue: 9 sessions | 10:15am - 11am

Member: \$135 | Non Member: \$167

Jan 20 - Mar 17

Sat: 8 sessions | 10am - 10:45am

(No session Feb 10)

Member: \$120 | Non Member: \$148

Sportball Multi-Sport

Ages: 3 yrs - 5 yrs

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

Jan 16 - Mar 13

Tue: 9 sessions | 12pm - 1pm

Member: \$135 | Non Member: \$167

Jan 20 - Mar 17

Sat: 8 sessions | 11am - 12pm

(No session Feb 10)

Member: \$120 | Non Member: \$148



Squash

WINTER 2018 PROGRAMS



Squash Professional Coach:

Alicia Haneine

Alicia has over 15 years experience including coaching juniors in Mexico and BC. She is a former coach at Evergreen Squash Club and current coach at Delbrook Rec Center. She played the National Mexican Squash Team and was ranked top 8 in BC, played six years on the BC Provincial Team, and is a national 40+ champion (2009).

Contact: alicia.haneine@shaw.ca

SQUASH offers unparalleled benefits including opportunities to participate in tournaments, fun events, clinics and being part of a junior competitive team.

Mission

To develop squash within the community by offering programs/events engaging kids in a healthy sport for life as well as offering every opportunity to progress to a competitive national-international level.

Safety and Equipment and Rules:

Protective goggles are MANDATORY to prevent any injuries. Please bring comfortable sport clothing: Shorts and T-shirt, indoors court shoes with clean non-marking soles and racquet. The Ener-Squash program provides squash balls.

Beginners - JUNIORS

Ages: 9 yrs - 13 yrs

This program is designed for new squash players. It will build skills from basic squash skills, footwork and fitness fundamentals. The first priority is to build squash skills in a fun environment so kids enjoy the game and make friends. Squash equipment will be provided, but buying protective goggles are strongly recommended as a personal piece of equipment.

Jan 15 - Mar 5 | Mon: 7 sessions (No session Feb 12)

4:30pm - 5:15pm | Member: \$90 | Non Member: \$105

Intermediate Beginners- JUNIORS

Ages: 13 yrs - 18 yrs

This program is designed for kids with previous racquet sport experience or that are 13+. Fundamentals of squash skills will be given and technicalities that differentiate squash from other racquet sports. The sessions will have progressive drills to introduce squash skills, game basics. Footwork and court coverage will be emphasized to become more efficient in the court; everything will be done in a fun game set up.

Jan 15 - Mar 5 | Mon: 7 sessions (No session Feb 12)

5:15pm - 6pm | Member: \$90 | Non Member: \$105

An INTERMEDIATE ADVANCE group may be open if there are players that are older teens with some previous experience.

An adult group can be formed with 4 or more players. Contact fitness@nswc.ca for more details.



Junior Tennis

WINTER 2018 PROGRAMS

Le Petit Tennis

Ages: 4 yrs - 5 yrs

Le Petit Tennis is designed to introduce kids to tennis using the appropriate modified progressive tennis equipment. This stage of development is to promote the love of physical activity while laying the foundation for future enjoyment of tennis. Participants learn moving patterns, balance and co-ordination while having fun doing a variety of physical tennis activities.

Jan 13 - Mar 17 (No session Feb 10)

Sat: 9 sessions | 10am - 10:30am

Member: \$103.50

Non Member: \$153

Red Ball Level 1

Ages: 5 yrs - 7 yrs

RED LEVEL 1 Tennis is designed to develop the ABC's (Agility, Balance, and Coordination) of fundamental movement skills and basic tennis skills (technical/ tactical) through cooperative activities. Also this course will include teaching players the rules of the game and scoring for ½ court (RED COURT).

Jan 8 - Mar 12 (No session Feb 12)

Mon: 9 Sessions | 3:30pm - 4:30pm

Member: \$171 | Non Member: \$216

Jan 10 - Mar 14

Wed: 10 Sessions | 3:30pm - 4:30pm

Member: \$190 | Non Member: \$240

Jan 13 - Mar 17 (No session Feb 10)

Sat: 9 sessions | 12pm - 1pm

Member: \$171 | Non Member: \$216

Orange Ball Level 1

Ages: 7 yrs - 9 yrs

Orange Level 1 is designed to develop the fundamental tennis skills (technical/ tactical) required in game situations using a modified ¾ court. This includes basic rallying skills, basic tactical skills, and how to initiate a point effectively. This course will also teach scoring for the modified ¾ court (ORANGE COURT).

Jan 9 - Mar 13

Tue: 10 Sessions | 3:30pm - 4:30pm

Member: \$190 | Non Member: \$240

Jan 11 - Mar 15

Thur: 10 Sessions | 3:30pm - 4:30pm

Member: \$190 | Non Member: \$240

Jan 13 - Mar 17 (No session Feb 10)

Sat: 9 sessions | 1pm - 2pm

Member: \$171 | Non Member: \$216

Green Ball Level 1

Ages: 9 yrs - 11 yrs

Green Level 1 is designed to develop the fundamental tennis skills (technical/ tactical) required in game situations on a full court.

Jan 9 - Mar 13

Tue: 10 sessions | 3:30pm - 4:30pm

Member: \$190 | Non Member: \$240

Jan 11 - Mar 15

Thur: 10 sessions | 3:30pm - 4:30pm

Member: \$190 | Non Member: \$240

Jan 13 - Mar 17 (No session Feb 10)

Sat: 9 sessions | 2pm - 3pm

Member: \$171 | Non Member: \$216

Teen Tennis

Ages: 12 +

This group is for the beginner/novice teen who would like to learn to play tennis. This program is designed to develop the fundamental tennis skills (technical/ tactical/physical) to learn the game.

Jan 13 - Mar 17 (No session Feb 10)

Sat: 9 sessions | 10:30am - 12pm

Member: \$256.50

Non Member: \$324



Tennis Level of Play/Self-Rating Guide

Before registering for any of our programs or joining our leagues, take a look at the rating guide below to help you find the program that's right for you. Find the level that best describes your general level of play during a match.

LEVEL	GROUNDSTROKES	RETURN OF SERVE	NET PLAY	SERVE
1.0	I'm just starting to play tennis			
1.5	I've been introduced to the game, but have difficulty playing due to my lack of consistent rallying and serving.			
2.0	I can get to the ball, but lack control so my rallying is inconsistent. I often choose forehand instead of backhand.	I have inconsistent returns and tend to position myself to protect my weaknesses	In singles, I'm reluctant to come to the net. In doubles, I understand the basic positions and I am comfortable with forehand volleys (but avoid backhand volleys & overhead shots).	My toss is inconsistent and my service motion incomplete. Double faults common.
2.5	I can consistently rally 10 balls in a row over the net at moderate speed with an arced trajectory (especially forehand shots).	In singles, I can consistently return shots to the middle of the court. In doubles, I have difficulty returning cross-court to start the point.	I'm at ease at the net during practice, but still uncomfortable during a game.	I try a full service motion on my first serve, but it is still inconsistent (< 50%). I use an incomplete motion to ensure a steady second serve.
3.0	I can consistently rally 10 balls in a row using forehands and backhands. I'm able to maintain a moderately paced rally when receiving high, wide or short balls.	I can control the direction of the ball when receiving moderately paced serves.	I'm very consistent on moderately paced balls to my forehand, but still inconsistent on my backhand. I have overall difficulty with low and wide balls.	I have full motion on both serves and can achieve more than 50% success on my first serve; however, my second serve is much slower than the first.
3.5	I can make my opponent move around the court, hit harder when I receive easier balls, and perform approach shots with more than 50% consistency.	I can return fast or well-placed serves defensively, return an easier serve with pace or placement, and approach the net in doubles.	I'm becoming consistent on volleys & overheads requiring moderate movement. I can direct forehand volleys and control backhand volleys with little offense, but have general difficulty putting volleys away.	I can vary the speed or direction of a first serve and can direct the second serve to my opponent's weakness without double-faulting on a regular basis.
4.0	I'm able to develop points consistently by using a combination of shots; however, I'm erratic when attempting a passing shot or a quality shot from a fast or well-placed ball.	I have difficulty returning very fast or spin serves, but I can hit a good shot or exploit my opponent's weakness on moderately paced serves. In doubles, I can vary returns effectively on moderately paced serves.	I can follow an approach shot to net, poach on weak returns and put away easy overheads. In doubles, I can receive a variety of balls and volley offensively.	I can vary the speed and direction of the first serve and I can use spin.
4.5	I can use a variety of spins and am beginning to develop a dominant shot or good steadiness. I'm still erratic when attempting a quality shot in two of the following: when receiving fast balls, wide balls or in passing shot situations.	I can defend consistently off first serves, but am still inconsistent when trying an aggressive return (< 30%). In doubles, I have difficulty returning a first serve to the feet of the incoming serve and volleyer.	When coming to the net after serving, I'm consistently able to put the first volley in play but without pace or depth. Close to the net, I can finish a point using various options including drop, angle and punch volleys. I'm still inconsistent when trying to volley powerful or angled returns.	I have an aggressive first serve with power and spin. On second serves, I frequently hit with good depth and placement (without double faults). In doubles, I can serve and volley off first serves but still experience some inconsistency.
5.0	I am able to maintain a consistent rally, 10 balls in a row on faster balls. I have very steady strokes or a dominant shot. I periodically succeed (50%) when attempting a quality shot when receiving fast or wide balls, and in passing shot situations.	I periodically succeed (50%) at aggressive return off fast first serves using dominant shot (forehand or backhand). In doubles I can return at the feet of serve and volleyer.	In doubles, after the serve, I have a good, deep crosscourt volley. Overhead I can hit from almost any position.	My first serve can win points outright, or force a weak return. My second serve can prevent the opponent from attacking. I can serve and volleys on first serves in doubles with consistency.

Tennis Policies and Procedures

General Policies

- Please do not walk onto your designated court prior to the start time if the court is in use.
- Please do not walk across courts when proceeding to your allocated court of play, walk behind the curtains to your court.
- Cell phones should be on silent while on the court.
- Only water or sports drinks are permitted on the court. No other beverages are allowed.
- Upon arrival at the Club, members and guests must confirm their court allocation and all playing partners at the Front Desk.
- Please avoid the use of profanities.
- Clothing must be appropriate for tennis play. Shirts must be worn at all times; no cutoffs or jeans are permitted; only non-marking tennis shoes may be worn.

Tennis Court Schedules

The Club has seven (7) indoor courts (4 downstairs, 3 upstairs on level 2) and four (4) floodlit roof top outdoor hard courts (April 1 - September 30). Tennis Court operating hours are 6am -11pm, Monday through Sunday.

PRIME TIME HOURS

6pm - 9pm Monday - Thursday

NON PRIME TIME HOURS

6am - 6pm Monday - Thursday
 9pm - 11pm Monday - Thursday
 6am - 11pm Friday, Saturday & Sunday

JUNIOR COURT TIMES

3, 4, & 5pm Monday - Friday

Reservations & Court Booking Procedures

Tennis court bookings are open to all NSWCL registered tennis members in good standing, and who have paid their annual activity fee. Court reservations may be done online through Gametime: (nsw.gametime.net) or at www.nswc.ca, made in person at the Front Desk Reception or by calling 604-904-3679 (between 6:15am - 9:45pm). Tennis membership application forms are available from the Front Desk Reception. A tennis trial of four (4) court bookings is available for non-tennis Club members, please inquire at the Front Desk Reception.

Reservations - Adult Tennis Members

- May book any court, other than court 7, after 12pm (noon), up to six (6) days in advance, with the exception of Junior Court Time Hours.
- May have a maximum of two (2) court bookings within a 6-day period during Prime Time.
- May also book available courts within a 24-hour period, with the exception of Junior Court Time Hours.
- To reserve a tennis court for doubles play, four (4) players' names must be given. To reserve a tennis court for singles play, two (2) players' names must be given.
- On arrival at the Club, all players must confirm their court allocation and all playing partners at the Front Desk Reception.

RESERVATIONS - Junior Tennis Members

- *May book courts during Junior Court Time or Non Prime time, a maximum of six (6) days in advance. May play during Prime Time if the court is accompanied by a Full Adult Tennis member (who may book six (6) days in advance or with 24-hour advance booking).*
- *Junior Members may also book available courts within a 24-hour period.*

CANCELLATIONS

- Court bookings must be cancelled no less than six (6) hours before the booked time or a late cancel/ no-show fee of \$25 + GST per court will be charged. To avoid being deemed a no-show, at least one player for a given court booking must check in with the Front Desk Reception upon arrival.

WALK-ON FOR VACANT COURTS

- If a court is available for walk-on, players must check in with the Front Desk Reception and book the court for immediate play. Failure to do so may result in the players being bumped by subsequent players who do check in and book with the Front Desk Reception.

NO SHOWS

- A court that is not claimed within ten (10) minutes of start time will be released. Open Courts are available on a first come, first serve basis, and must be reserved at the Front Desk Reception.
- If you know you will be late, please call the Front Desk Reception to avoid your court being released.



GUESTS PRIVILEGES

- The Tennis Member must meet their guest in the front lobby and check in at the Front Desk Reception.
- If a Tennis Member’s name is substituted for the guest name, this change must be recorded by the Front Desk staff.
- As per the Club Rules R20 - each Member is allowed a maximum of four (4) participating guests per month, none of whom may be introduced more frequently than twice in a given month.
- A Guest fee of \$8 + GST for juniors and \$12 + GST for adults must be paid before the guest is permitted to enter the Club to play.

BALL MACHINE

- The rental rate for the tennis ball machine is \$10 + GST per 90 minute booking, no pro-rates.
- The Ball Machine may be used ONLY between 7am - 9pm. Ball machines cannot be used during Prime Time.

- It is the user’s responsibility to leave the courts in the same condition as prior to the use of the ball machine. Courts must be swept to remove the ball fluff after each use
- Use of the Club’s (or privately owned) ball machine, is restricted to the upstairs Court 5, 6 or Court 7. If Court 7 is not being used by a pro for coaching, that is the preferred court to use.
- Tennis members must check in with the Front Desk Reception to receive keys for the Ball Machine. Tennis members will be required to leave their keys or other personal belonging with the Front Desk Reception until the Ball Machine keys have been returned.

PLAYSIGHT

NSWC offers a state-of-the-art tennis analytics technology system equipped with six fully automated cameras and an interactive touch-screen kiosk. The system uses advanced image processing and analytical algorithms to capture and log stroke type, ball trajectory, speed and spin, in-depth shot data, player movement and more! Every time you use the PlaySight system, your activity is recorded, analyzed and saved to the PlaySight cloud where you can access it any time through the on-court kiosk or at PlaySight.com. Train smarter. Perform better.

- PlaySight is only available on Court 5.
- PlaySight is free of charge to Members, but a private information session is recommended by a Tennis Pro prior to use.

COURT RENTAL

Requests for court rentals must be approved by the Tennis Director.

Tennis Private Lessons

Lesson Type	Members
Adult Private	\$75
Jr. Private	\$65
Adult Semi Private	\$45 each
Jr. Semi Private	\$40 each
Adult Group of 3	\$35 each
Jr. Group of 3	\$30 each
Adult Group of 4	\$30 each
Jr. Group of 4	\$25 each

Adult Tennis

WINTER 2018 PROGRAMS

Adult Drills

Division 1 & 2

For Division 1 & 2 Players Only

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Come down ready to sweat and train hard!

Jan 9 - Mar 13

Tue: 10 sessions | 8pm - 9pm

Member: \$220 | Non Member: \$330

Jan 10 - Mar 14

Wed: 10 sessions | 11am - 12pm

Member: \$220 | Non Member: \$330

Adult Drills

Division 2 & 3

For Division 2 & 3 Players Only

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Come down ready to sweat and train hard!

Jan 9 - Mar 13

Tue: 10 sessions | 10am - 11am

Member: \$220 | Non Member: \$330

Jan 11 - Mar 15

Thur: 10 sessions | 10am - 11am

Member: \$220 | Non Member: \$330

Adult Drills

Division 3 & 4

For Division 3 & 4 Players Only

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Come down ready to sweat and train hard!

Jan 11 - Mar 15

Thur: 10 sessions | 11am - 12pm

Member: \$220 | Non Member: \$330

Jan 11 - Mar 15

Thur: 10 sessions | 7pm - 8pm

Member: \$220 | Non Member: \$330

Jan 12 - Mar 16

Fri: 10 sessions | 10am - 11am

Member: \$220 | Non Member: \$330

Adult Drills

Division 4 & 5

For Division 4 & 5 Players Only

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Come down ready to sweat and train hard!

Jan 8 - Mar 12 (No session Feb 12)

Mon: 9 sessions | 9am - 10am

Member: \$198 | Non Member: \$297

Jan 9 - Mar 13

Tue: 10 sessions | 11am - 12pm

Member: \$220 | Non Member: \$330

Jan 9 - Mar 13

Tue: 10 sessions | 7pm - 8pm

Member: \$220 | Non Member: \$330

Jan 11 - Mar 15

Thur: 10 sessions | 9am - 10am

Member: \$220 | Non Member: \$330

Jan 12 - Mar 16

Fri: 10 sessions | 9am - 10am

Member: \$220 | Non Member: \$330

Adult Drills

Beginner - Level 1.0 - 1.5

For students with limited or no experience playing tennis. This program includes on court technical instruction on proper grips, footwork, and conventional techniques for groundstrokes, net play and serves. You will learn basic court positioning and how to play points and keep score in a tennis match.

Jan 8 - Mar 12 (No session Feb 12)

Mon: 9 sessions | 10am - 11am

Member: \$198 | Non member: \$297

Jan 9 - Mar 13

Tue: 10 sessions | 9am - 10am

Member: \$220 | Non Member: \$330

Jan 10 - Mar 14
Wed: 10 sessions | 9am - 10am
Member: \$220 | Non Member: \$330

Jan 11 - Mar 15
Thur: 10 sessions | 6pm - 7pm
Member: \$220 | Non Member: \$330

Adult Drills

Intermediate Level 2.0 - 2.5

For students who have had formal tennis training in the past. Your core technique flaws will be detected and corrected while drilling from all positions on the court. This course will emphasize consistency, movement, and shot combinations.

Jan 8 - Mar 12 *(No session Feb 12)*
Mon: 9 sessions | 11am - 12pm
Member: \$198 | Non member: \$297

Jan 8 - Mar 12 *(No session Feb 12)*
Mon: 9 sessions | 6pm - 7pm
Member: \$198 | Non member: \$297

Jan 10 - Mar 14
Wed: 10 sessions | 10am - 11am
Member: \$220 | Non Member: \$330

Jan 11 - Mar 15
Thur: 10 sessions | 8pm - 9pm
Member: \$220 | Non Member: \$330

Jan 12 - Mar 16
Fri: 10 sessions | 11am - 12pm
Member: \$220 | Non Member: \$330

Men's Tennis Training

COME ON OUT GUYS! This class offers the perfect combination of physical and technical aspects of the game. A hard workout is guaranteed!

Jan 8 - Mar 12 *(No session Feb 12)*
Mon: 9 sessions | 9am - 10am
Member: \$198 | Non member: \$297

Jan 9 - Mar 13
Tue: 10 sessions | 9am - 10am
Member: \$220 | Non Member: \$330

Jan 9 - Mar 13
Tue: 10 sessions | 6pm - 7pm
Member: \$220 | Non Member: \$330

Jan 11 - Mar 15
Thur: 10 classes | 9am - 10am
Member: \$220 | Non Member: \$330

Jan 12 - Mar 16
Fri: 10 sessions | 9am - 10am
Member: \$220 | Non Member: \$330

Ladies Doubles Day League

Advanced Level 2.5 - 3.5

This league is a competitive format. For ladies league doubles players only. You must have previously competed on a ladies league team in order to register for this group. Players will be keeping track of their points over the session and each week the courts are re-set. 3 sets will be played each week and the top player on each court will move up and the bottom player will move down. Results will be emailed out each week and kept up to date by Fabio.

Jan 8 - Mar 12 *(No session Feb 12)*
Mon: 9 sessions | 10:30am - 12pm
Member: \$144

Ladies Doubles Day League

Intermediate Level 1.5 - 2.5

For the Intermediate level tennis player. Coach Amy will provide doubles strategies, techniques and tactics. This program is designed to increase your knowledge of doubles and to have fun!

Jan 8 - Mar 12 *(No session Feb 12)*
Mon: 9 Sessions | 12pm - 1:30pm
Member: \$144 | Non Member: \$216

Ladies Singles Day League

Level 2.5 - 3.5

This league is a competitive format. Players will be keeping track of their points over the session and each week the courts are re-set. 3 sets will be played each week and the top player on each court will move up and the bottom player will move down. Results will be posted and kept up to date and run by one of the Pro's.

Jan 11 - Mar 15
Thur: 10 sessions | 12pm - 1:30pm
Member: \$160

Doubles Skills Beginner / Intermediate

Level 1.5 - 2.5

For the intermediate level tennis player. Coach Joe will provide doubles strategies, techniques and tactics. This program is designed to increase your knowledge of doubles and have fun!

Jan 8 - Mar 12 *(No session Feb 12)*
Mon: 9 sessions | 7:30pm - 9pm
Member: \$180

4 Tricky Tennis Tips To Mentally Unravel Your Opponent

I could see it in their eyes. These two friendly, welcoming, generous hockey moms who would quickly become so much more (real people with real feelings!), my friends during a season in which I coached their two children, possessed a switch behind the scenes. When that switch was flipped, the friendly smiles became something ... else. And you could tell the switch was flipped by looking in their eyes.

As you may or may not have guessed, I'm talking about tennis, and the two athletes in question were Shelley Hoodspith and Yulia Manova. It was the very first article I wrote for the North Shore Winter Club, and it's still one of my favourites.

For players like Shelley and Yulia, tennis is an outlet, an opportunity to focus on oneself if only for a few hours each week. With that focus comes determination and competition, two traits to employ if you want to strike fear into the heart of your opponent. Shelley and Yulia told me this was important - the intimidation side of the game. There's only so much training you can do to get better, after all, and if your opponent has a tough match then your chances of victory greatly increase.

*A seed of doubt
you can later
exploit.*

The tricks I'm going to list here didn't come from Shelley or Yulia, so employing them against the two ladies is a waste of time. Everybody else? Fair game.

1. Warm Up. Hard.

Every hockey player in history glances over at the other team in warmup, and tennis is no different. If you see your opponent casually jogging along or wincing as they stretch for what looks like the first time in months, then your confidence will automatically receive a boost. Take your warmup seriously and make sure your opponent sees you do it.

2. Look 'Em In The Eyes

Now that they know they're in for it, further your opponent's angst by staring them down just prior to the first serve. Before that works too - as your warmup finishes and you get ready to start, stroll by and give them a good stare-down. Don't say anything. Don't respond if they say hello. It's friends-off at this point.

3. Don't React

At this point your opponent still might not take your vigour seriously, and truth be told you might not either. It makes sense, tennis is supposed to be fun, and it's hard to focus so intently when you have so many other things going on in your life. But soon the match will begin and your intensity will have a direct impact on its outcome. Stay even. Keep your emotions in check. If your opponent experiences some early success and you don't react whatsoever, you'll naturally create a seed of doubt. A seed of doubt you can later exploit.

4. Every Point Counts

Finally, chip away at your opponent's now frail psyche by working your tennis-obsessed behind off every point. Every shot. Every lunge for a loose ball. The warmup, the stare-down, and the cold, dead eyes mean nothing if you don't have the game to back it all up. Tennis matches can't be won with the first point, but they can sure be lost. Take care and give everything you've got from the first serve until the last. And watch your opponent squirm.

by Kelvin Cech



Youth & Child Minding

WINTER 2018 PROGRAMS

Child Minding

Kids Corner

Ages: 12 mos - 9 yrs

Drop your children at the NSWC Kids Corner for a couple of hours, so you can attend a fitness or tennis session, visit the gym or relax and watch your other child play a sport. Kids Corner is a warm and inviting environment with experienced staff that provides a fun program of learning through play. The program provides a variety of activities, including games, art and crafts, music and movement, science exploration and reading.

HOURS OF OPERATION

Mon - Fri 3:30pm-8pm

Sat 10am-5pm

Sun 10am-5pm

MEMBER PACKAGE

\$60 mth per child (\$20 for each additional child)

MEMBERS DROP IN

\$8 hr (\$4 hr for additional child)

GUEST DROP IN

\$10 hr (\$6 hr for additional child)

RESTRICTIONS

1. 2 hrs maximum per child per day.
2. Parents required to stay on site.



Birthday Party Packages

Up to 16 guests / extra charges for additional guests / MAX 30 children

HTC Package

2 hour private rental of the HTC
Includes small ice, goalie training ice and dryland area

Bouncy Castle Package

2 hour private rental of the HTC
Includes dryland area with Bouncy Castle, 1 Party Host for 2 hours, 2 hour private rental of the HTC Lounge

Dance Party Package

1 hour of dance with certified dance instructor Bryn Rasmussen
2 hour private rental of one of the NSWC's rooms

Jamberry Nail Mini Spa Package

Celebrate your day by having your nails done. A sweet treat for your hands and/or feet. If you want to pamper your daughter, this party is designed to make her and her friends feel like princesses. Cupcakes included.
2 hour private rental of one of the NSWC's rooms.

Kids Corner

Spring Break

Ages: 12 mos - 8 yrs

Kids Corner will be open in the mornings for a two hour drop-in filled with arts and crafts and fun with friends.

Mar 19 – Mar 23 | 9am – 11am

Mar 23 – Mar 30 | 9am – 11am

Member: \$8 hr | Non Member: \$10hr

Max of 2hrs

Spring Break Multi Sport Day Camps

Ages: 6 yrs - 11 yrs

Each week offers Multi Sport activities like basketball, dance, Martial arts & more. Day camps are supervised in the safe environment of the Club. Lunch & snacks included.

Mar 19 – Mar 23 | 9am – 4:30pm

Mar 23 – Mar 30 | 9am – 4:30pm

Member: \$245/week | \$52 drop in day

Non Member: \$350/week | \$80 drop in day

Family Easter Egg Hunt

Ages: 2 yrs – 9 yrs

accompanied by adult

Hop on down to the club on March 15th .Bring the children for a fun filled night, jump on the bouncy castles, get your face painted and of course, hunt for Easter Eggs.

Mar 15 | 6:30pm – 8pm

Member: \$5 | Non Member: \$8

Professional Day Camps

Ages: 6 yrs – 11 yrs

Schools out, no problem we have you covered and you don't even have to pack a lunch! Drop your children at the club for a fun filled day of activities.

9am – 4:30pm | Member: \$65 | Non Member: \$85



What Does It Mean To Truly Focus Solely On The Process?

“Life isn’t about the result but doing the process that counts.” I remember the first time I heard that awkward phrase. It struck a chord then and it still sticks with me today. And it’s not because it’s an inspirational line that would look simply sensational written in swooping black italics above your kitchen cabinets. No, it struck me because it’s a line in a fast, shouty punk rock song by the band Set Your Goals. My roommate at the time and I were driving three hours to play a senior hockey game in a rural Alberta town - town in this sense being a highway carved through several gas stations, multiple A&W’s, and what I’m pretty sure was an actual taxidermy ... store? Is that where people get their animals stuffed?

Anyways, junior and college hockey were long behind us, but we were driving to a hockey game that afternoon, Tyler and I. That was the last real hockey game I ever played.

Worry about yourself. Focus on the process. Don’t rush the results.

Choose one of these famous lines and chances are you’ve used it in the last week whether you’re a coach, a parent, or a teacher. Why is that? Why do we constantly have to remind our young’n’s to focus on the process instead of the results?

WE DON’T CONTROL WHO WINS

If you’ve ever been involved in spring hockey, then you’re probably aware of the mixed bag that is the wild west version of our game. Fortunately for me, I’ve had some phenomenal experiences on top of some, uh, let’s just say less than ideal situations.

This past spring was one of the good ones. I coached the youngest team I’ve ever had, little 08’s mostly from North Vancouver with the BC Spartans. The personalities on this team, let me tell you - every kid had some sort of quirk or individual

characteristic that made him unique. It took a lot of energy - herding cats is the scientific term, I believe? It was incredible. But the one thing upon which they all agreed, at least at the start, was the answer to what I now realize is the most important question a hockey coach can ask.

“Do we control if we win?” I asked prior to our first game.

“Yes!” Came the unanimous response.

I shouldn’t have been surprised. Here was a generation of kids, all with young, supportive, awesome parents, yet each kid believed he was firmly in control of the outcome of the game. Truth be told I was surprised not just at their response, but my response to their response. I know, quite Inception-esque.

The reality is that parents, coaches, teachers, and so on teach kids that winning is within their control from an early age. I remember being completely exasperated on the soccer field as a youngster because I thought if I tried hard enough I would score goals. Turns out you have to be good at soccer to do that.

The same applies for hockey, although it’s obviously a gross simplification. Hockey is a competitive sport. It pits athlete against athlete, 1on1, straight up. If you win the race to the puck, you get to make a play with the puck. If you put yourself in the right spot to make a save, you might make a save. If you skate in the right direction, you might be open for a pass. These are all elements of the game within the control of the athlete. This is the process.

.....
So what does it mean to focus on the process? It means letting go of winning. Completely. Which is pretty much impossible to do, but focusing on the process is part of the process. I know, I’m confused too.

Focusing on the process means enjoying the act of getting better. Learning to enjoy and enjoying to learn. When you lose, there’s lots of opportunity to learn, and the process becomes that much richer. So let’s embrace the process, parents, coaches, and hockey players, and get comfortable with discomfort.

By Kelvin Cech

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