

SIoux LOOKOUT FLYERS JR. A HOCKEY



All Photos by Sioux Lookout Bulletin



**THIS IS FLYERS
TERRITORY**

**Our Team
Our Time
2010/11**



**THIS IS FLYERS
TERRITORY**

**Our Team
Our Time
2010/11**

RECRUITMENT

If you are inquiring about playing for the Sioux Lookout Flyers and/or if you're telling someone about the Flyers organization, this information is for you. You will find information about the Flyers program, educational opportunities and the benefits of living in the Sioux Lookout area.

Two Philadelphia Flyers players, Ryan Parent and the Captain Mike Richards played for Sioux Lookout Minor Hockey AAA program. Sioux Lookout is a hub for hockey in North Western Ontario. Jimmy Roy former Manitoba Moose graduated out of Sioux Lookout Minor Hockey System. He was Yannick Dupre Memorial Award winner in 02/03 as AHL player who best represents the spirit of Yanick Dupre with his involvement in the community. Various other Sioux Lookout Hockey graduates play or have played in various levels of Hockey, NHL, Major Junior, AHL, Pro in Germany and England, Semi Pro in US. A successful Senior AA Hockey program preceded the Flyers Junior A program. Sioux Lookout is a hub of hockey in North Western Ontario.

The hockey program is intentionally put together to develop players interested in pursuing US College, Canadian University, Major Junior, or professional levels.

Sioux Lookout Flyer Program

Schedule:

The SIJHL regular season schedule is 52 regular season games. Most of the games are played on weekends with the exception of a few games during the week played against nearby teams. On the road, the Flyers use their own bus with professional driver. The Club covers accommodation and meal costs during team travel.



Nov. 14, 2009 - Over 700 spectators

Practices:

Practices are held five days a week for one and a half hours per day. Lots of ice time is essential to a player's development and improvement. Practice is scheduled so that school classes are not interrupted when possible. The Flyers also have an extensive off-ice training program coordinated by our professional physical trainer. The Municipal Recreation Centre is attached to the Memorial Arena and includes weight training facilities, aerobic equipment, running track, gymnasium, squash and racquetball courts. The Club covers player's fitness centre membership fees.



**THIS IS FLYERS
TERRITORY**

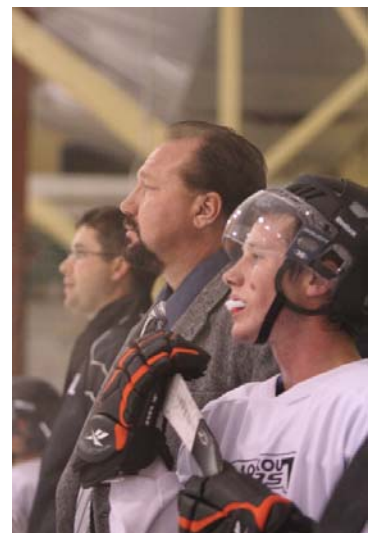
**Our Team
Our Time
2010/11**

Coaching and General Manager- Randy Lulashnyk

Coach/General Manager Randy has established a relationship with several American and Canadian Colleges so as to both scout and recommend players wanting to advance their college education and playing career.

Highlights of Qualifications:

- 2009/2010 Third place in the SIJHL with the Flyers
 - 2008/2009 Joined the Sioux Flyers mid season
(Randy get Jeff Bienvenue #10 signs with Neumann University)
 - 2007/2008 Dudley Hewitt Cup Semi-Finalists
 - 2007/2008 SIJHL Champions
 - 2007/2008 SIJHL League Pennant Champions
 - 2007/2008 Top 15 CJHL list December to April 07/08
 - 2007/2008 1st place Coach of the All-star Game SIJHL Jr. A
 - 2006/2007 Coach of the Year, SIJHL, Jr. A
 - 2004/2005 Keystone Jr. B Hockey League All-Star Game Coach
 - 2003/2004 Western Champions 2 wins-3 losses
 - 2003/2004 Manitoba Provincial Jr. B League Champions
 - 2003/2004 North West Jr. B League Champions
 - 2003/2004 North West Jr. B League All-Star Game Coach
 - 2000/2001 Coach of the Year SSJHL, St. Phillips Rangers
- 10 years experience Coaching and Scouting at Junior Level
5 Years experience as General Manager
Attending advanced Coaching Seminar 2003
Coaches Awareness Program Certificate 2003
Intermediate Coaching Certificate 2000
Coaching Level 1 Certificate 1997
Chemical Dependency Intervention Certificate 1996





THIS IS FLYERS TERRITORY

Our Team
Our Time
2010/11

Team Bus:

The team owns their own team bus.



Coach is fully equipped with TV's, DVD and CD players. Coach also has washroom facilities.



Equipment:

The Club provides equipment and supplies such as helmet, pants, gloves, sweater, socks, sticks and tape. The Club also helps players get team discount prices on skates.

Nutrition:

Our Registered Dietitian provides advice and nutrition information to the players and billet families. Our Dietitian will provide individualized nutrition plans and follow up to interested players.

Dietitian: Jennifer Maki, "JM Nutrition Consulting"

Strength and Conditioning:

Our qualified strength and conditioning coach prepares both off-season and in-season plans for our team. Leadership and advice is provided on an individual basis. The strength and conditioning program and leadership, combined with the advice from our professional nutritionist and the membership provided by the team to the fitness centre adjoining our arena facility, provides every player the opportunity to optimize his performance.

Strength and Conditioning coach: Melissa Zarecki, CK, CEP, "Functionally Fit"

Medical:



The general health and well being of each player is a major concern with the Flyer's staff. It is expected that the players have their own primary provider through provincial or private health care coverage. Arrangements are made with local doctors to take out-of-town players as their patients. In addition to our training staff we have a health care professional in attendance at all of our home games. Sioux Lookout is a medical hub and has approximately 20 doctors working here at any time. A new \$140 million regional hospital is under construction to replace two existing hospitals and will be opened in the fall of 2010.



**THIS IS FLYERS
TERRITORY**

**Our Team
Our Time
2010/11**

Education:

The Flyers place a high priority on a player's education and are committed to helping him gain a higher level of education through his hockey career. As well as the local high school, Sioux Lookout has a community college program through a **Confederation College** campus in the community and outreach programs by **Lakehead University**. Our **Player Services Coordinator** is employed at the high school and will assist and counsel players to coordinate their education programs.

Player Services Coordinator: Debra Bray

Guidance:

Before they arrive in Sioux Lookout, players can receive help in choosing courses and enrolling at a high school or college. Particular emphasis is placed on choosing courses that will transfer to Canadian and U.S. universities. During the season, our **Player Services Coordinator** will assist players to succeed in their studies with advice, coordination of tutors, and follow up and communication with the schools. Each week, a 1.5-hour Study Hall allows players to complete assignments and to receive help from tutors and from fellow players.

Player Services Coordinator: Debra Bray

Life Skills Mentoring:

The Flyers Player Services provides a Life Skills Mentorship Program in which some of the benefits are:

- Receive direction, broaden horizons and learn from past mistakes
- Increase knowledge and skills, develop ethics and standards
- Provide career and interest advancement and networking opportunities
- Enhance creativity and improve problem-solving techniques
- Orient new players
- Develop new career paths
- Develop future leaders
- Increase a player's control over career progress
- Improve self confidence and self esteem



Player Services - Debra Bray

Player Services Coordinator: Debra Bray

High School:

In the public school system, the Flyers Club works closely with school counselors and teachers to ensure classes are attended and graduation requirements are met. The Club if required arranges for tutoring. The quality of education, which is provided at our high schools, is appropriate for advancement of education needs.

Player Services Coordinator: Debra Bray



THIS IS FLYERS TERRITORY

Our Team
Our Time
2010/11

Confederation College:

The Flyer team is lucky to have a [Confederation College](#) extension located in Sioux Lookout. This College offers diploma and university transfer courses. College-age players are encouraged to take at least one course per semester, to prepare for life as a college athlete and to lighten semester loads when attending a Canadian or U.S. College or university.

Player Services Coordinator: Debra Bray

Jobs:

The **Player Services** provides opportunities for players to obtain part time work that will not conflict or interfere with the Flyers schedule. The community of Sioux Lookout is economically diverse and has many job opportunities. Unlike many small northern communities which rely heavily on the forestry or mining sector, Sioux Lookout's economy includes acting as a regional service centre for thirty remote access First Nations communities to the north, air transportation centre, regional medical centre, tourism, CN Rail main line divisional centre, MNR District Office and Fire centre, INAC and Health Canada offices, professional offices (lawyers, engineers and architects, medical, educational), retail and commercial sectors.

Player Services Coordinator: Debra Bray

Sioux Lookout - Hub of the North

Welcome to the Municipality of Sioux Lookout, Hub of the North and Tourist haven. The below noted web pages are a guide to Municipal services and community organizations.



Municipal Web page www.siouxlookout.ca

Chamber of Commerce web page www.siouxlookout.com

Sioux Lookout is in the heart of fishing, hunting, swimming and boating resources. We have a nine hole golf course, riding stables, groomed cross country ski trails, snow mobile trails, community fitness centre, and clean fresh air. Our airport is one of the busiest airports in Ontario in terms of landings and take-offs. We are truly the Hub of the North situated half way between Thunder Bay and Winnipeg.



THIS IS FLYERS TERRITORY

Our Team
Our Time
2010/11

Flyers Lounge and Dressing Room

The Flyers play all their home games in Sioux Lookout Memorial Arena, which includes a state-of-the-art dressing room and players lounge with a 42" TV. The Municipal gym and fitness centre is located in the same building. The arena is centrally located in the community with easy access to hotels and restaurants.



Sioux Lookout Golf and Curling Club

Along with the lakes and a full array of sports fields, Sioux Lookout has a well-groomed, fully irrigated nine-hole golf course open to all and located in the community.



Room and Board

All out-of-town players are provided with room and board. Players are placed in carefully selected billet homes and these families are generally involved in some aspect with our Club. They take great interest in the player on and off the ice. Our Player Services Coordinator in conjunction with the Billet coordinator acting as a liaison for the players and player's families to ensure a good situation for players, host families, and player's families.

Player Services Coordinator: Debra Bray

Community Services

The Flyers are a high profile sports club in the community and are often asked to take part in various functions. In addition, players go to elementary schools for volleyball or floor hockey and work to promote positive life styles. As role models for hundreds of youth in the community and surrounding region, players must conduct themselves in a respectable manner at all times.

Player Services Coordinator: Debra Bray



**THIS IS FLYERS
TERRITORY**

**Our Team
Our Time
2010/11**

Executive Board

The executive Board is a highly skilled and professional team of hockey enthusiasts in their fields of expertise. Their volunteer dedication and interest is motivated by their keen interest for the people in the community, the hockey players well being and a winning program first and then a winning team.

President-Doug Lawrance, *P.Eng.*

Partner of Keewatin-Aski Ltd. Consulting Engineers & Architect for 25 years.
Involved as minor hockey executive and coach for ten years.
Coached local A and AA teams and regional AAA teams.

Vice President- Niels Madsen

Madsen Motors Ltd - GM Dealership, Owner/President
Mascotto's Marine Ltd Owner/President

Treasurer- Carol Roy

Lamplighter Motel, Owner/Manager

Coach and General Manager- Randy Lulashnyk

resume shown under Coach

Player Services Coordinator Debra Bray

Student Counsellor, Keewatin- Patricia District School Board. 20 years of experience as an educational counsellor, including counselling students in areas such as personal crises, drug and alcohol addictions, social & emotional well being.

Business Manager & Marketing - Les Wills

Owner/President of Northern Training and Consulting Services, played university level hockey, past Commissioner Senior AA Hockey League, Post Graduate studies at University of Saskatchewan- Education, University of Michigan- Business and Administration and Atlanta University- Professional Consulting.

Technical Services / Web Site Manager - Andreas Kottschoth- *C.Tech*

Associated of Keewatin-Aski Ltd. Consulting Engineers & Architect.
Involved as minor hockey executive and coach for over seven years.
Coaches local A and AA teams.
Dingsda Racing Team - Business Owner

Sioux Lookout Flyers Hockey Club

Mailing Address

Box 558
Sioux Lookout, ON
P8T 1A8

Street Address

85 King Street
Sioux Lookout, ON
P8T 1A5

Contact

Phone: 1 807-737-2778
Fax: 1 888-499-4711
E-mail:hc-gm@siouxlookoutflyers.com