



BREAKFAST CLUBS

Melita Breakfast Club

The Melita Breakfast club recently wrapped up its second year. This year we had two groups. Group 1 consisted of 4-8 year olds with a group size of 10 skaters. Group 2 ranged in age from 9-17 with about 14-18 skaters per session and 2 goaltenders. Both groups wear full equipment.

The early part of the year consists of skating technique and puck handling skills. Later on in the season we add some small area games after we have completed the skill development portion of the session.

We are lucky to have a very dedicated parent group who take turns bringing breakfast at the conclusion of each session. Sessions start at 7:15 and conclude about 8:15. We taper the number of sessions once provincial and league playoffs start and families get busy.

We look forward to offering this program again next season.

Troy Leslie
Melita Breakfast Club

