



Out of the Woods

The Official Bears IHC Newsletter

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Fitness Camp

We will be running **Fitness Training Camps** at Macquarie Ice Rink Tuesdays 5.30-7.30pm **starting on 29 January** and for the entire month of February @ \$20 for two hours. Please come along and get your fitness levels up prior to formal training starting, have some fun and get together with your teammates.

Website

We have a new streamlined website up and running with updated Bears information www.sydneybears.com.au. If you have any suggestions on information you would like to see on the website please let me know. The Club wishes to thank Robert Tonjian for his valiant efforts and also thank you to the other Club members who volunteered to help.

Compression Garments

Sydney Bears members have been offered a 25% reduction on RRP on a range of compression garments (skins) by a firm COCOMO. These garments are Australian made (Caringbah) website www.cocomo.com.au or telephone 9531 2011 and speak to Rosemarie. I have Order/Payment forms and Price List that I can provide to anyone interested. Patrick Woodward is currently wearing a set and can be contacted on 0425 262 600 for comments.

Linesman Courses

BANTAMS/MIDGETS - Don't forget to register for a linesman course if you have not done the course previously. Please let me know if you missed the email enclosing registration forms and I will forward them to you. The courses are being run by IHNSW at Homebush on Sundays throughout February. Any player who has not done the course is not allowed to play in finals or state teams.



Registration & Training

The Bears Committee is meeting this weekend to firm up registration date, fees, training date, etc. So all that information will be out to you next week

Sydney Bears Ice Hockey Inc

PO Box 1607
Macquarie Centre
NSW 2113
Australia

Website: sydneybears.com.au

Other

Penrith Skatel (inline) has recently opened at 120 Russell Penrith Skatel (inline) has recently opened at 120 Russell Street, Emu Plains. Enquiries to Bob on 4735 6699

There is a **Czech Hockey Camp** being run in 2008. Anyone interested please go to www.hockeycamp.cz/application-form/ for further information.

Second Hand Gear

You only have until Friday 22 January to get your list of secondhand gear to me for circulation to the Club. You need to include what the item is, brand, size, condition, price, contact details.

