



The Rockland Nats Junior 'A' Hockey Club invites you to register to be a member of the **2019 CDHL Nats**. The Central Development Hockey League has launched its 6th season with teams operating in Eastern Ontario.

The league members are all current operators of Junior A programs and as such, are preparing current and future players with the unique opportunity to participate in a Junior environment. In addition, players will be provided with an inclusive development program that include an off ice training program and FREE Prospects Camp entry fee.

All member teams provide their players with a 13 game regular season schedule, 12 practices (18 hours) including 4 skills practices. In keeping with the unique development aspect of the league, the rules of play will emphasize skill enhancement and promote opportunities for next level exposure. The season begins the last weekend in April and concludes in late June.



Unlike programs run by private individuals, this interactive approach provides game experience along with instruction and training by actual Junior 'A' coaches who are currently running programs. This is a requirement for operation in the CDHL to ensure the important element of exposure is built into the equally important development and skill enhancement part of the program.

<u>Start and End Dates</u>	<u>Practice and Games</u>	<u>Age Limits</u>	<u>Registration Fees</u>
The season begins the last weekend in April 2019 and ends the last weekend in June 2019.	The CDHL Nats will play their home games at the Richcraft Sensplex. They will play a 13-game regular season including a championship tournament in Cornwall. Each team will provide 18 hours of practice during the 8 week program.	Eligible players must be born in 2004, 2003 and 2002. The team will consist of 12 forwards, 6 defenses and 2 goaltenders.	The cost to participate in the CDHL is 1750.00\$ +HST. As a bonus, players will get a FREE entry to the Junior A June Prospects Camp.

Yours in Hockey,

Dan Sauvé

Dan Sauvé, Head Coach & General Manager
Rockland Nats Junior 'A' Hockey Club

For more info please contact me:

dansauve9@gmail.com or

613-298-5692

2019 CDHL NATS - REGISTRATION FORM

PLAYER NAME:	DATE OF BIRTH (dd/mm/yyyy):
HOME ADDRESS:	CITY/TOWN:
	POSTAL CODE:
MOTHER'S NAME:	FATHER'S NAME:
EMAIL ADDRESS:	EMAIL ADDRESS:
CELL NUMBER:	CELL NUMBER:
CURRENT TEAM:	LEVEL:
POSITION:	CATCHES:
SHOOTS: L or R	JERSEY # (LIST 3 CHOICES):
EMERGENCY CONTACT:	EMERGENCY CONTACT #:
MEDICAL ISSUES:	

Please return this completed form with payment to:

Rockland Nationals Junior A
995 Belvedere Avenue
Rockland, Ontario
K4K 1H3

Please include your cheque in the amount of \$1977.50 (\$1750.00 plus HST), made payable to:

Rockland Nationals Junior A

Or

Send payment via E-Transfer to : RocklandNatsJrA@hotmail.com with password as: **cdhlnats**