

Some of the Differences between Major Midget AAA and Junior B!

- **80 + hours** of practice ice at Major Midget AAA compared to **35 hours** at Jr.B
- 60 game schedule including exhibition, tournaments, in-season and play-offs
- Add in the provincials and national championships a possibility of 14 more games plus practices. Junior B does not participate at the provincial or national levels.
- Compressed off-ice training included within regular practice time.
- All players are taught each skill and system.
- **Releases** on December 10th and January 10th, at the Junior B level raises the question where will you play if you're not retained by your club? Please consider team rosters at the Major Midget AAA and AA levels may be full. You may wind up playing house league or not at all.
- **Having made the Major Midget AAA team, there are no trades or releases.**
- The Ottawa Senators supports a fair play code regarding ice time.
- As a player you will be in a social group of your own age category.
- Professional coaching staff with the following background of experience; **INSERT**
- These are the differences, and this is why we feel the Major Midget AAA experience will provide you the opportunity to make the level.

If you are a player who loves the GAME and is willing to make the necessary sacrifices in order to become a better player, then we welcome you to try out. We are looking for players who are ready to make a commitment and have the self-discipline to succeed.

Mark Atkinson, Head Coach