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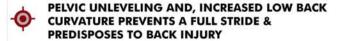
PERFORMANCE



WITHOUT CHIROCARE









EXCESS TWISTING AT THE ANKLE JOINT PREDISPOSES FOR SPRAINS AND PREVENTS FULL **USE OF THE SKATE BLADE FOR A FULL STRIDE**

THE ARCHES AND/OR REARFOOT COLLAPSE STRESSING THE FOOT MUSCLES/LIGAMENTS AND PREVENTING OPTIMAL SKATING

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JOINT MOTION OCCURS SMOOTHLY AND **COMPENSATORY SCOLIOTIC CURVES ARE** PREVENTED



THE PELVIC BONES ARE LEVEL AND THE NATURAL LUMBAR CURVE IS RESTORED. FULL LEG EXTENSION LEADS TO A PWERFUL STRIDE



THE KNEES ARE WELL ALIGNED, EXCESS FORCES ARE PREVENTED ALLOWING FOR A **FULL, POIdeWERFUL STRIDE**



TWISTING OF THE ANKLE AND INTERNAL **ROTATION OF THE LEG IS KEPT WITHIN NORMAL LIMITS**



THE FOOT AND ANKLE IS ALIGNED CREATING A SOLID BASE FOR THE REST OF THE BODY & ALLOWING PROPER SKATING EDGE CONTROL





our muscles to move our bones and make our body do what we want it to. When the joints of our spine and extrembig payoff with proper alignment is that we feel healthier, have more energy, and move more gracefully.

THE NEUROLOGIC COMPONENT

spinal nerves that branch from the spinal cord and exit the spine through little holes between each adjoining



DEDICATION





The coaching staff of the ChiroCare Kings Hockey Club would like to dedicate it's inaugural season to all the players that have helped build our hockey culture... you know who you

Each and every one of you has contributed in your own unique way over the years.

You make our program successful by putting it all out there on and off the ice, and by recognizing and accepting the variety of character traits held within your teammates.

Thank you for accepting the challenge to be pushed and for holding each other accountable to work hard and be a great teammate. You have set the standard very high.

It is now up to this season's crew of players from Sackville and East Hants to carry on the tradition and become a team that they will remember above all others.



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Go Kings!





COACHING STAFF



Jeff O'Flaherty

HEAD COACH



As head coach of the Kings, it is my job to create a positive environment and prepare our players to succeed. I am happy to take on the challenge as the growth potential within the players at this level is enormous. Our team of coaches pride ourselves on developing relationships on and off the ice to create an atmosphere that the players not only want to be in, but strive to be at their very best.

With an organized and step-wise approach to teaching team systems and skills, players can understand and implement to their maximum potential on the ice and that is my goal to deliver. Intelligence and character is what makes a hockey player and team successful. Character traits such as respect, determination, toughness and unselfishness are the keys to this

Hockey is about being a good teammate, and when the whole team can take the focus off of individual problems or accomplishments and place it on earning the respect of their teammates with every drill and every shift, the sky is the limit. Play hard, play smart and play for your teammates: that's what this team is all about.

Rodney Spike

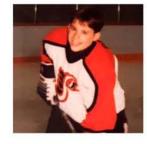


ASSISTANT COACH

R. Spike has been involved in hockey for 6 seasons from 2009 - 2015. Rodney has served in various roles including GM, assistant GM, Assistant Coach and Head Coach all at the Bantam AA level. Rodney excels at facilitating a team first relationship with his quick witted sense of humour coupled with his understanding of being a great teammate. Such a great teammate, his Midget coach forged his birth certificate so that he could play an extra year! Rodney's key strength is

communication - simply; he can deliver his message clearly and with the fewest number of words possible, imperative for success in a hockey leadership role. Rodney is a cat person.

Matt Gaudet



Matt has been coaching hockey for 6 seasons from 2009 - 2015, running the backside of the bench at the Bantam AA level. Matt is an all around athlete with exceptional triceps and enormous calves. In 2010 Matt was the Ken-Wo Golf & Country Club Division 2 champion, by 3 strokes, until he signed an incorrect score card that claimed he had only won by 2! He was disqualified. Matt enjoys working with young hockey players and getting to know them on and off the ice. His longtime nickname

ASSISTANT COACH

"Fatty" has nothing to do with his PW Dryland days, where he could be found swinging at the bottom of the rope instead of climbing it or failing to get out of bed for 6am practice as his teammates witnessed his Dad Roger carry him like a stack of firewood to the Chevy Lumina in order to get there on time.

Stephen Oliver III EQUIPMENT MANAGER



Having played under Coach O'Flaherty, Spike and Gaudet for 3 years over his career, SO3 is jumping into a familiar environment with the ChiroCare Kings Hockey Club, only this time he is behind the bench as part of the coaching staff. As a player, Stevie portrays courage and intensity as he plays no-excuse hockey. He aims to bring this same attitude as a trainer and practice coach. The Kings are happy to welcome SO3 and his infectious personality.

1to1 Goaltending

GOALIE COACH



Atlantic Canada's oldest goaltender program and has been the regions leader in the development of advanced goalies. 1 to 1 is led by Joe Johnston with over 25 years experience in the game, he continues to work closely with Hockey Canada as the second longest standing Goaltender Consultant on staff (with over 10 years now) and newly appointed U18 Goaltender Development coordinator responsible for the New

Teaching Curriculum for under 18 goalies in the nation. He is an advisory board member with Hockey NS and has worked closely in all programs since 2007. He has more than 16 years experience as goaltender/assistant coach at the University level and works closely with multiple teams & associations.

FITNESS COACH **ProEdge Sports Conditioning**



ProEdge is a state of the art athletic training facility that uses science based training to maximize athletic performance. We use leading technology in our training and testing

to optimize programming, accuracy of data, and overall results.

Our focus is on all key areas of performance with the highest standard of coaching in the region, in order to provide world class training to the athletes of Atlantic Canada. Regardless of level or where you want to take it, we are here to









WHY MINOR AAA MIDGET?

The Nova Scotia Minor Midget League was created to improve the overall hockey product in our province. Within the current structure there are very few spots available for first year players within our Major Midget league. As such, many talented and skilled players are often overmatched and overlooked for players that are physically ready to play vs 3rd year players at that level.

> Before the creation of the NSMMAAAHL, these players were often left to go to our local high school league, a league outside of Hockey Canada's elite stream. Within Hockey Canada's elite stream, teams are guaranteed coaches with required certifications to run an elite program and players will be guaranteed the opportunity to develop to an elite level. The players also retain the best opportunity to be scouted by QMJHL and local MHL

> For the past 10 seasons, Nova Scotia has seen roughly 40 players selected into the QMJHL each year. In order to progress and increase this total, a change needed to be made to ensure our youngest midget players retain the competitive drive and practice habits to become elite players, challenge for spots in the Major Midget League and push each other to become better.

To put it honestly, many talented players are being overlooked and to make matters worse, being buried in a league that does not consistently develop players to be

This previously overlooked talent will now be afforded the chance to flourish and develop well into the mos

impactful years of life when all players are on the same playing field with regards to physical maturity.

The life opportunities afforded to players in elite sports is vast; Your hockey future is not just about the Q draft, it is about developing at the proper rate to be prepared for Jr league tryouts, athletic scholarships at home or abroad, and life opportunities away from the rink.

This league isn't just about creating a place to play, it is about taking our talent in this province to the next level and working toward a better life for yourself. We have already created the best player in the world and other NHL superstars, it is time to expand on that and secure consistency in our product on and off the ice.

The ChiroCare Kings are proud to be part of the NSMMAAAHL and look forward to seeing the results in our young players.







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FITNESS TRAINING















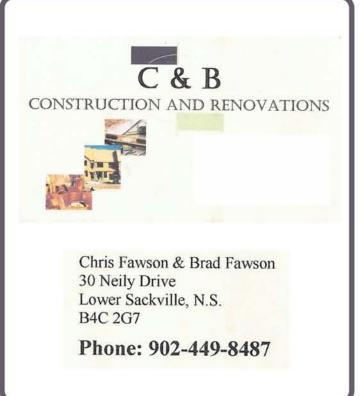


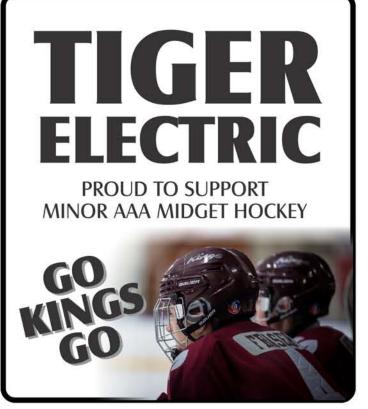


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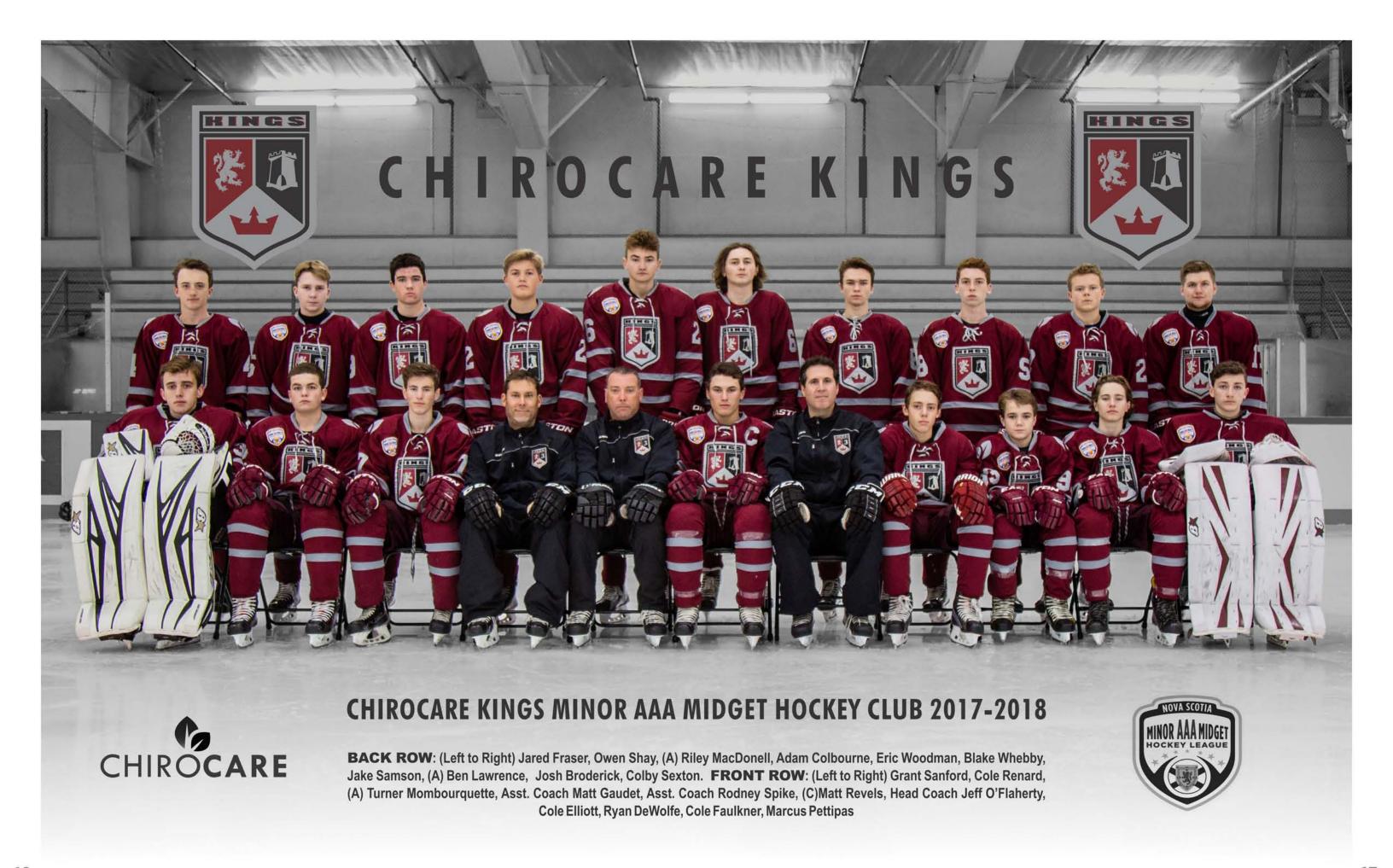
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game of ice hockey, to the golden goal scored by Sidney Crosby, ChiroCare Kings Hockey respects the roots of a game that has shaped our nation. It is our hockey legends that have the ability to evoke sincere joy and other emotion within true hockey folks.

The tenacity of Maurice Richard, the leadership of Phil Esposito, Kings Hockey aims to capture the qualities of Hockey Legends past and present and portray them into our game. Unselfishness, a trait portrayed as Colorado captain Joe Sakic passed the Cup off to his teammate Ray Bourque who finally earned the right to hoist it. The grit and toughness that created a legend named Mr. Hockey who spanned 5 decades over his career. The perseverance of Bobby Clarke to overcome diabetes and grow into one of the games most relentless checkers. The Intelligence of #4 Bobby Orr has he changed the way the game was played.

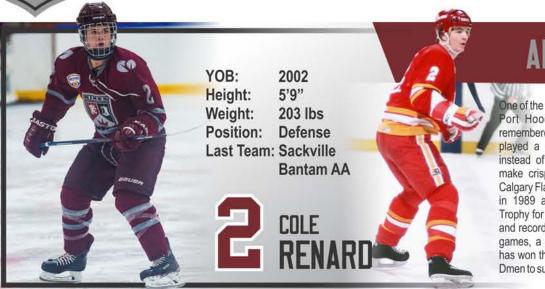
These hockey players were guided by their inherent character traits to become Legends. That is the key, over raw talent and natural athletic ability, these intangibles are paramount as we search for players to represent our team and dawn the jersey number of a legend.

Kings Hockey is proud to pay tribute to players that inspire us to be better within our lineup of sweater numbers.

As an ultimate tribute of legendary status, the following numbers have been retired by Kings Hockey and should never be worn throughout the hockey world again:

- 99 "The Great One" Wayne Gretzky who possessed the skills, intelligence and most importantly, the ultimate drive and work ethic to be considered the greatest of all time
- 66 "The Magnificent One" Mario Lemieux; perhaps the most talented and physically gifted player of all time got better with age and through adversity.
- 87 "The Kid" Sidney Crosby dominates the modern game by a margin that rivals Gretzky and Lemieux of their times. Arguably the most complete player to ever play the game.
- 39 "The Real Deal" Ryan Prosser was the ultimate teammate and leader through hard work, humor and humility. A gifted scorer and playmaker he had the intelligence to understand and take on any role to help his team win. A great player; an exceptional person.





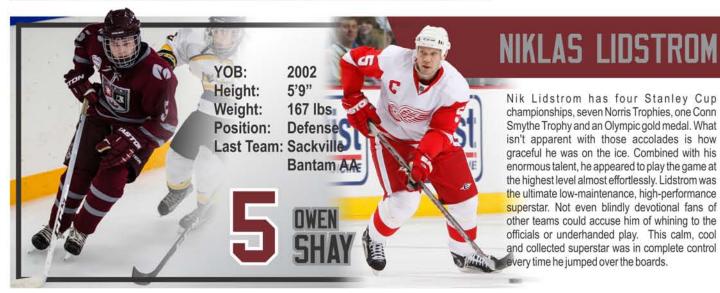
AL MACINNIS

ne of the most complete defenders of any eraort Hood's Al MacInnis will be forever remembered for his awesome slapshot. He played a very effective physical game and instead of rushing the puck he preferred to make crisp outlet passes. MacInnis led the Calgary Flames to a Stanley Cup championship in 1989 and capturing the Conne Smythe Trophy for his efforts, winning the scoring race and recording at least one point in the final 17 games, a playoff record for defensemen. He has won the Norris trophy and is one of only 4 Dmen to surpass 100pts in a season.



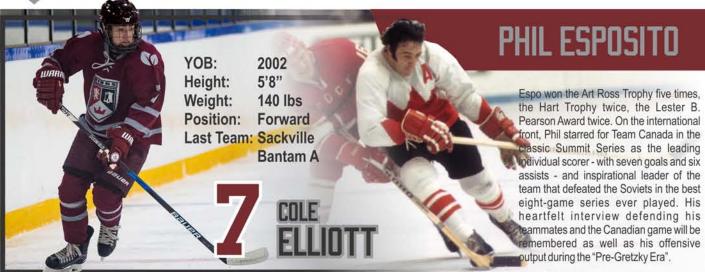
BOBBY ORR

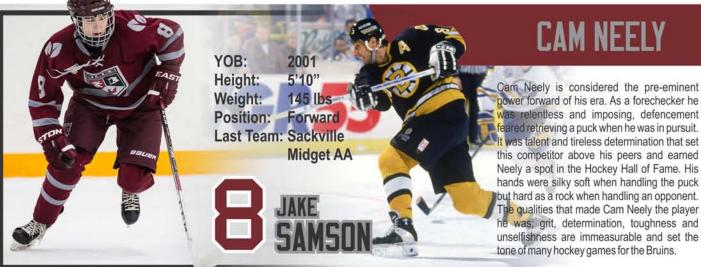
an era of shut down defence, Orr revolutionized he sport with his scoring ability and playmaking from the blue line. He won two scoring titles, the only defender to accomplish that feat, and had career season highs of 46 goals and 102 assists. More than just statistics, Orr had the ability to control the game, to take over. For eight consecutive seasons Orr won the Norris Trophy as the best defenseman and three times he was the league's most valuable player to collect the Hart Trophy. Orr's plus-minus rating when he was at his best was untouchable at plus-124 in 1970-71, when he scored 139 points. Arguably the greatest of all time, Orr is the bridge between Howe's defensive era and Gretzky's offensive game.

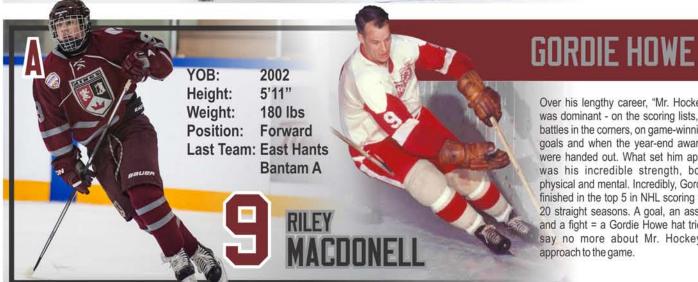


BAUER



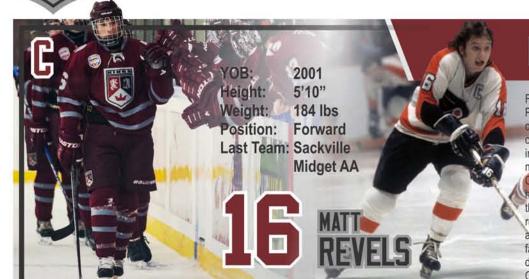






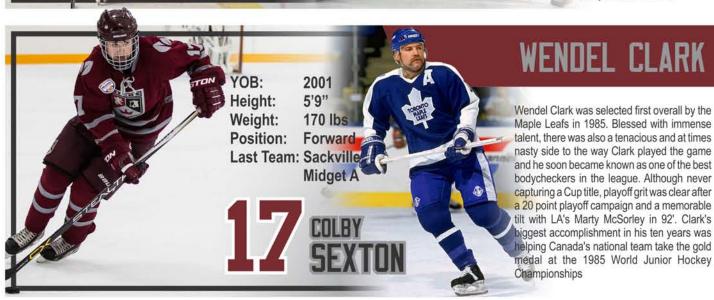
Over his lengthy career, "Mr. Hockey" was dominant - on the scoring lists, in battles in the corners, on game-winning goals and when the year-end awards were handed out. What set him apart was his incredible strength, both physical and mental. Incredibly, Gordie finished in the top 5 in NHL scoring for 20 straight seasons. A goal, an assist and a fight = a Gordie Howe hat trick, say no more about Mr. Hockey's approach to the game.





BOBBY CLARKE

Flin Flon, Manitoba's Bobby Clarke led the Philadelphia Flyers to Stanley Cup championships in 1974 and 1975. He also captured numerous individual awards, including the Hart Trophy as the league's most valuable player in 1973, 1975 and 1976. Clarke played a very aggressive game of hockey and was one of the best checkers in the entire history of the league. He was a ruffian, a warrior and a player who would do anything to help his teammates win. He had a famous, captivating smile - with about a dozen missing teeth and was instrumental in Canada's '72 victory of ther Russians.



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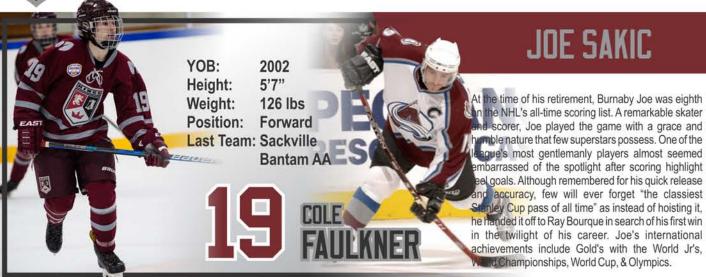


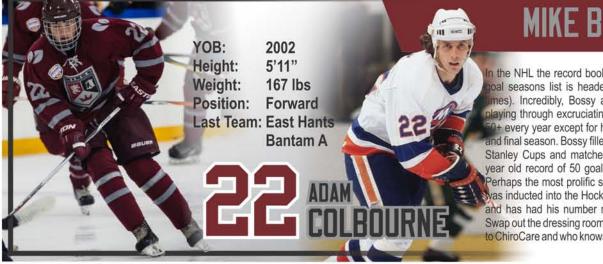
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MIKE BOSSY

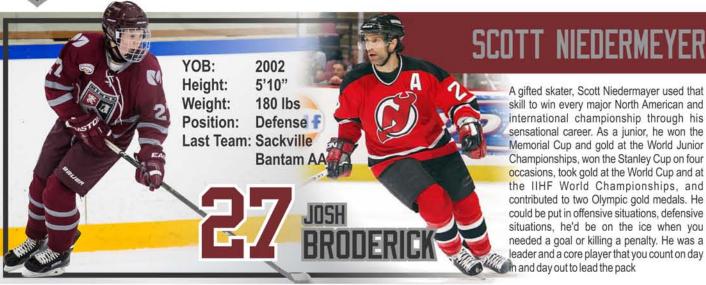
the NHL the record books, the most 50-or-more al seasons list is headed by Mike Bossy (nine es). Incredibly, Bossy accomplished this while playing through excruciating back pain and scored every year except for his injury shortened 10th ind final season. Bossy filled the net en route to four Stanley Cups and matched Maurice Richard's 36 year old record of 50 goals in 50 games in 1981. Perhaps the most prolific sniper in NHL history, He vas inducted into the Hockey Hall of Fame in 1991 and has had his number retired by the Islanders. Swap out the dressing room Export A's for a few trips to ChiroCare and who knows what could have been?



PETER STASTNY

Peter Stastny was one of the dominant offensive players of the National Hockey League (NHL). In the 1980s he was second only to Wayne Gretzky in points scored. Of equal significance, when Stastny and his brother Anton defected from their native Czechoslovakia in 1980 to play in the NHL, they unleashed a wave of Eastern European players that changed the face of the league. Stastny scored 450 NHL career goals—if one added the 120+ he scored playing club hockey in Czechoslovakia in his early 20s, he would easily be among the top ten scorers in NHL history. With 1,239 career points, he is the secondhest scorer among Europeans to play in the NHL,







BILLY SMITH

Battlin' Billy" was not warm and fuzzy. He was fairly disliked throughout the NHL, but was a hero to Islanders fans. Smith battled for them, for his teammates and earned a reputation as someone his teammates could count on to be there. on and off the ice. His temperament helped him become a four-time Stanley Cup champion and the 1983 Conn Smythe Trophy winner as playoff MVP. The more aggressive the game gets, the better I play," and Smith played well enough to be considered one of the greatest "money" goalies of all time.

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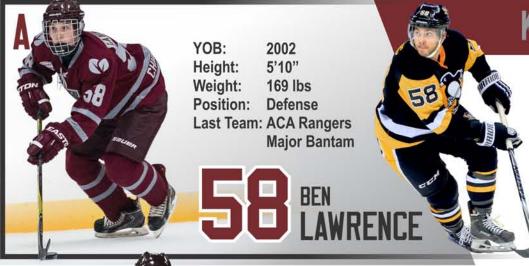


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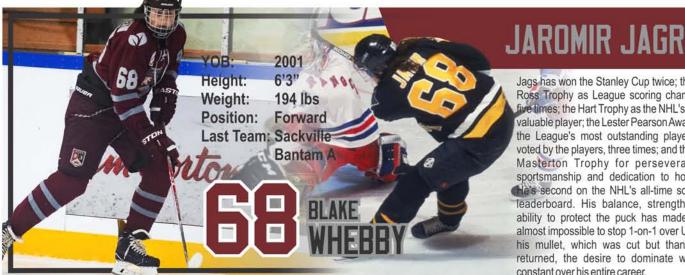






KRIS LETANG

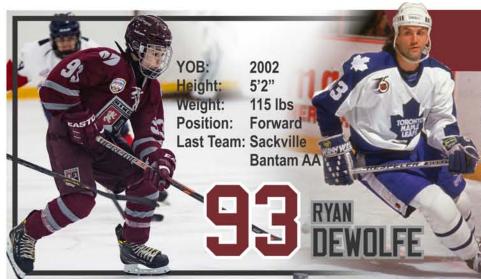
A puck-moving, intelligent defenceman, Letang is a catalyst at both ends of the ice. Letang was a third-round pick (No. 62) of the Pittsburgh Penguins in the 2005 and has won 2 Stanley Cups. While representing Canada, Letang won back-to-back gold medals at the World Junior Championship in 2006-07 Letang's silky smooth skating with tremendous lateral movement and acceleration, plays with a grit and determination that is hard to match.



Jags has won the Stanley Cup twice; the Art Ross Trophy as League scoring champion ive times; the Hart Trophy as the NHL's most valuable player; the Lester Pearson Award as the League's most outstanding player, as voted by the players, three times; and the Bill Masterton Trophy for perseverance, sportsmanship and dedication to hockey. He's second on the NHL's all-time scoring leaderboard. His balance, strength and ability to protect the puck has made him almost impossible to stop 1-on-1 over Unlike his mullet, which was cut but thankfully returned, the desire to dominate was a







DOUG GILMOUR

Doug Gilmour was always told he was never big enough. After 20 NHL seasons, 1 Stanley Cup and a Hockey Hall of Fame Induction Doug no longer has to prove everybody wrong. He went undrafted in his first year of eligibility, but then led the OHL in scoring with 177 points and won MVP and the Memorial Cup. The St. Louis Blues drafted Gilmour and asked him to play a defensive role. He did what was asked and earned the nickname "Killer" for his rabid defensive play. 4 years later he was scoring over 100 points and went on to play a pivotal role in the 1987 Canada Cup and scored the GWG in the 1989 Stanley Cup Finals for the Calgary Flames. Through hard work and ermination, Doug Gilmour was plenty big enough.

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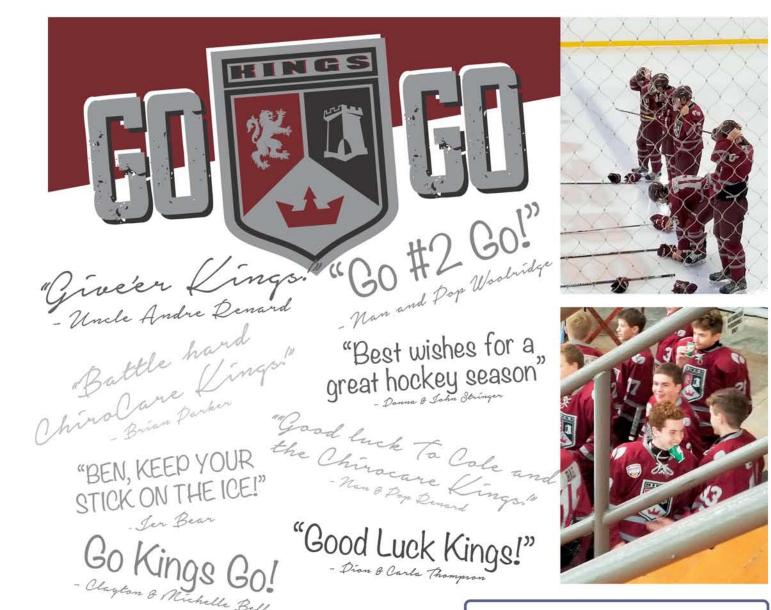
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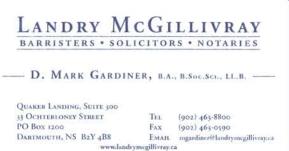
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