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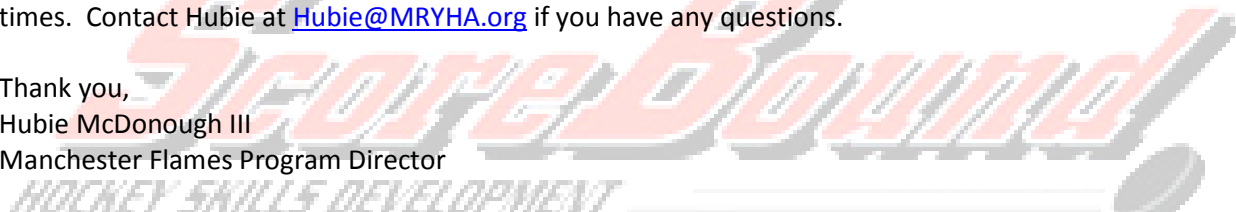
Thursday, May 20, 2010

Dear Parents/Coaches:

ScoreBound™ Off-Ice Clinics for Flames teams will start Monday August 2nd and run through August 13th. Each session will be a total of two hours broken into one hour sessions for shooting and core strength training. All sessions will be held at the NH SportsPlex at 68 Technology Dr, Bedford NH and are included in your Flames Tuition for 2010/2011 season. ScoreBound™ does offer summer camps that would be in addition to your Flames training. Visit us www.NHSportsplex.com.

Please see the **updated** schedule below for your team make sure to pay close attention to dates and times. Contact Hubie at Hubie@MRYHA.org if you have any questions.

Thank you,
 Hubie McDonough III
 Manchester Flames Program Director



Team/s	Dates	Core Strength Time	Shooting Time
Mite A & Mite B	8/2, 8/4, 8/9 & 8/11	N/A	4PM-5PM
Squirt AAA & Squirt AA	8/2, 8/4, 8/9 & 8/11	4PM-5PM	5PM-6PM
Peewee MJ AAA	(8/2 & 8/9) (8/5 & 8/12)	5PM-6PM 4PM-5PM	6PM-7PM 5PM-6PM
Peewee MN AAA	(8/2 & 8/9) (8/5 & 8/12)	6PM-7PM 5PM-6PM	7PM-8PM 4PM-5PM
Bantam MJ AAA	8/2, 8/4, 8/9, & 8/11	7PM-8PM	8PM-9PM
Bantam AA 2	(8/3 & 8/10) (8/5 & 8/12)	5PM-6PM 6PM-7PM	6PM-7PM 7PM-8PM
Peewee A	(8/3 & 8/10) (8/5 & 8/12)	6PM-7PM 7PM-8PM	5PM-6PM 6PM-7PM
Bantam AA 1	(8/3 & 8/10) (8/6 & 8/13)	7PM-8PM 7PM-8PM	8PM-9PM 6PM-7PM
Bantam MN AAA	(8/3 & 8/10) (8/6 & 8/13)	8PM-9PM 6PM-7PM	7PM-8PM 7PM-8PM
Peewee AA	(8/4 & 8/11) (8/6 & 8/13)	5PM-6PM 4PM-5PM	6PM-7PM 5PM-6PM
Bantam A	(8/4 & 8/11) (8/6 & 8/13)	6PM-7PM 5PM-6PM	7PM-8PM 4PM-5PM