

## What are the Junior Blades?

The Junior Blades is a fantastic opportunity for dedicated and hardworking players looking to enhance exposure and grow their opportunities for collegiate hockey.

The Junior Blades program develops young women into leaders under the tutelage of our all-female impeccable coaching staff.

## We are not just about hockey...

The Junior Blades have fostered a relationship with Umass Boston which allows players to take classes and earn college credits while not jeopardizing their academic eligibility.

## The Junior Blades emphasize **Development** and **Exposure**

Strong team mentorship  
Team Jersey with Name Included  
Player Hotel Included

## Season Schedule

- August 31st - December 31<sup>st</sup>
- Thanksgiving Week Off
- 3 Practices per week
- 3 Strength & Conditioning Sessions per week
- 45 Total Ice Sessions
- 5 Tournaments
  - NAHA (Labor Day)
  - Stoney Creek (Mid Sept)
  - Harvard Showcase (Early Oct)
  - VT Stars (Late Oct)
  - Christmas Tournament
- January 4th- February 28th
- 15-20 local game schedule
- 2 Practices per week
- 2 Strength & Conditioning Sessions Per Week
- 16 Total Practice Ice Sessions

### For more information contact:

Digit Murphy, Program Director  
digitjrblades@gmail.com  
401-339-1219

Paige Lemieux, Administrator, Coach  
paigejrblades@gmail.com  
701-388-0696

**SPRING TRY-OUTS TO BE ANNOUNCED SOON**