



Gloucester 2004-2005 Rangers AA Pee wee

Program & 50/50: 2\$

<http://members.rogers.com/sgamache1211/rangers/>

The Rangers would like to thank our sponsors:

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Head Coach:
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Check our Web site for contact info.

This week's feature Player

#2 Patrick Harrison

Position: Defense

My Favorites:

- *NHL Team:* Senators
- *NHL Player:* Zdeno Chara
- *Food:* Turkey
- *TV Show:*
Hockey Night in Canada
- *Movie:* Happy Gilmore
- *Saying:* "Yeah right !"
- *Nickname:* PJ
- *Band:* Switchfoot
- *Song:* "Meant to Live"

Tip of the Week:

Ed Jovanoski on playing good defense:

"The biggest things for a defensemen are position, patience and poise. Having the right focus and the right feeling. Maintaining good position is about focus and making good reads. Patience and poise are feeling states and reflect emotional control. A defense has to learn to relax, you can't play well if you're uptight."

Last Game Results : vs Nepean on Oct 28, lost 2-1

Next Game: vs Kingston, @ Mem Centre, Sat Nov 6, 3:00 PM