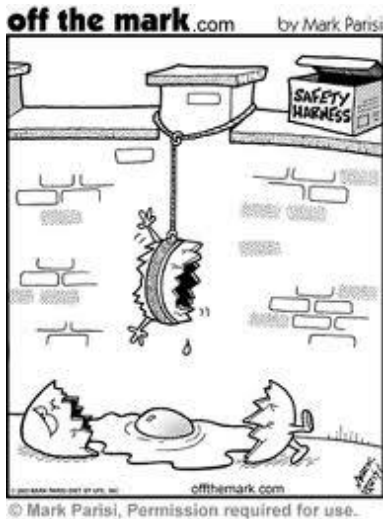


The TimberWolf

TIMBERWOLVES CLIMBING THEIR WAY TO MOTOWN!

The TimberWolves participated in an off-ice outing on Sunday at Grand River Rocks in Kitchener. After a brief training session and discussion, the boys were divided into groups to tackle the 15, 30 and 60 foot walls. There was no fear as the boys quickly climbed the 15 foot wall without harnesses and celebrated on top with various cheers and poses. Despite the TimberWolves encouragement, Coach Barry was only able to climb the first five feet of the wall without crashing down to the mat, just proving what a daunting task it was to scale the rock face without a harness!

The parents breathed a sigh of



relief as they watched the boys get into their safety harnesses to tackle the 30 & 60 foot walls. Team work was the order of the day as each Wolf had to climb the various walls blindfolded. The Wolves were only successful in their climb if they helped each other with foot and hand placement. It was amazing to see the strength and determination in the boys as they ascended the rock walls. Special mention to those boys who successfully scaled the 60 foot wall – no easy feat!

Next up was the rope swing with the forwards battling against the defense and goalies. It was an EPIC clash with lots of laughs as each team tried to figure out the best strategy to successfully transplant each player from one box to the other. Ultimately, although it was almost too close to call, the forwards came out on top!

Despite sore hands, arms and legs, the TimberWolves engaged in a solid workout at Monday morning practice and are now MOTOWN BOUND! Lookout Red Wings & Sharks, here come the TimberWolves!

