



Greater Toronto Hockey League

Gary Roberts Training Scholarship Award

About the Award

The Gary Roberts Training Scholarship Award is a new award that will be presented annually to a Minor Midget 'AA' or 'AAA' player who exemplifies hard work and dedication both on and off the ice, achieves a high standard of excellence in school and who, along with his family, has made significant personal sacrifices to continue to play hockey at a high level. Gary Roberts played 21 seasons in the NHL for the Calgary Flames (1989 Stanley Cup winner), Carolina Hurricanes, Toronto Maple Leafs, Florida Panthers, Pittsburgh Penguins and Tampa Bay Lightning. Since his retirement, Gary has become a leader in high performance training and nutrition for both amateur and professional athletes.

The scholarship winner will be invited to participate in the 2014 Gary Roberts Senior Off-Season Program. We'll offer it to a Minor Midget "AA" or "AAA" who, along with his family, has made significant personal sacrifices to allow him to achieve a high standard of excellence in hockey and in school.

The 2014 Gary Roberts Senior Off-Season Program is valued at \$6,500 and includes:

1. Begins June 2nd, 2014 and ends August 15th, 2014.
2. Gary Roberts hosted off-season client Nutrition Seminar in mid-May.
3. 48 training sessions over 11 weeks.
4. 3 individual fitness/performance tests.
5. 3 individual Nutrition & Lifestyle sessions with GR Fitness Director.
6. 11 weekly Yoga sessions.
7. 11 treatment sessions (massage and/or chiropractic).
8. Gary Roberts will attend sessions weekly.
9. 14 On-ice sessions with Tara McKay.
10. Beretta Farms Post workout meals after each training session.
11. BioSteel HPSD and ARF with spring water for each training session.
12. Heart Rate monitored training sessions.
13. Locker & laundry service

CRITERIA AND PROCEDURES

1. Eligibility

- Any currently registered Minor Midget “AA” or “AAA” player within the GTHL.

2. Method of Nomination

March 1st is the application deadline to nominate a person. Applications handed in after March 1st will not be accepted.

3. Method of Selection

The Awards Committee of the GTHL will make a recommendation of one (1) candidate to the GTHL Board of Directors to be the recipient of the award.



Greater Toronto Hockey League Gary Roberts Training Scholarship Award Nomination Form

Name of nominee:

Nominee's Team, Club, Division and Age Group:

Nominee's Mailing Address:

Nominee's telephone #: Business: () _____

Residence: () _____

Qualifications of Candidate (Why He/She deserves the Award):

Brief Biography of Candidate:

Submitted by

NAME

Contact Information Phone (W) _____ (H) _____

Fax _____ **E-mail** _____

Please use additional pages if required. **Nomination deadline for the Award is March 1st.** All nominations are to be sent to:

Greater Toronto Hockey League
c/o Awards Committee Chair
265 Rimrock Rd. Unit #4
Toronto, ON
M3J 3C6
Fax (416) 636-2035

Privacy Statement: The information collected on this form will be used for the sole purpose of administering the GTHL Awards Program and the applicant understands that the winners' names will be published in the GTHL handbook and on the GTHL website.