

Spirit players arrive at camp in shape – mostly

BY MICHAEL HAYAKAWA
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Perrin doesn't plan on doing anything dramatically different from a year ago.

However, he would like to trim the camp roster down drastically after the club's first preseason game against the host Pickering Panthers tomorrow at 7:30 p.m.

Perrin hinted he has a fairly good idea as to who will make the final 23-player roster.

Up for grabs are the final few positions. "I would like to get numbers down quicker to what our team will be where we (coaches) can start teaching and get the team off to a good start," he said.

The Spirit's first home pre-season game will be against the Whitby Fury at the Clippers Sports Complex Aug. 24 at 7:30 p.m.

The following day, the Spirit will host Pickering at the Stouffville Arena at 2:30 p.m.

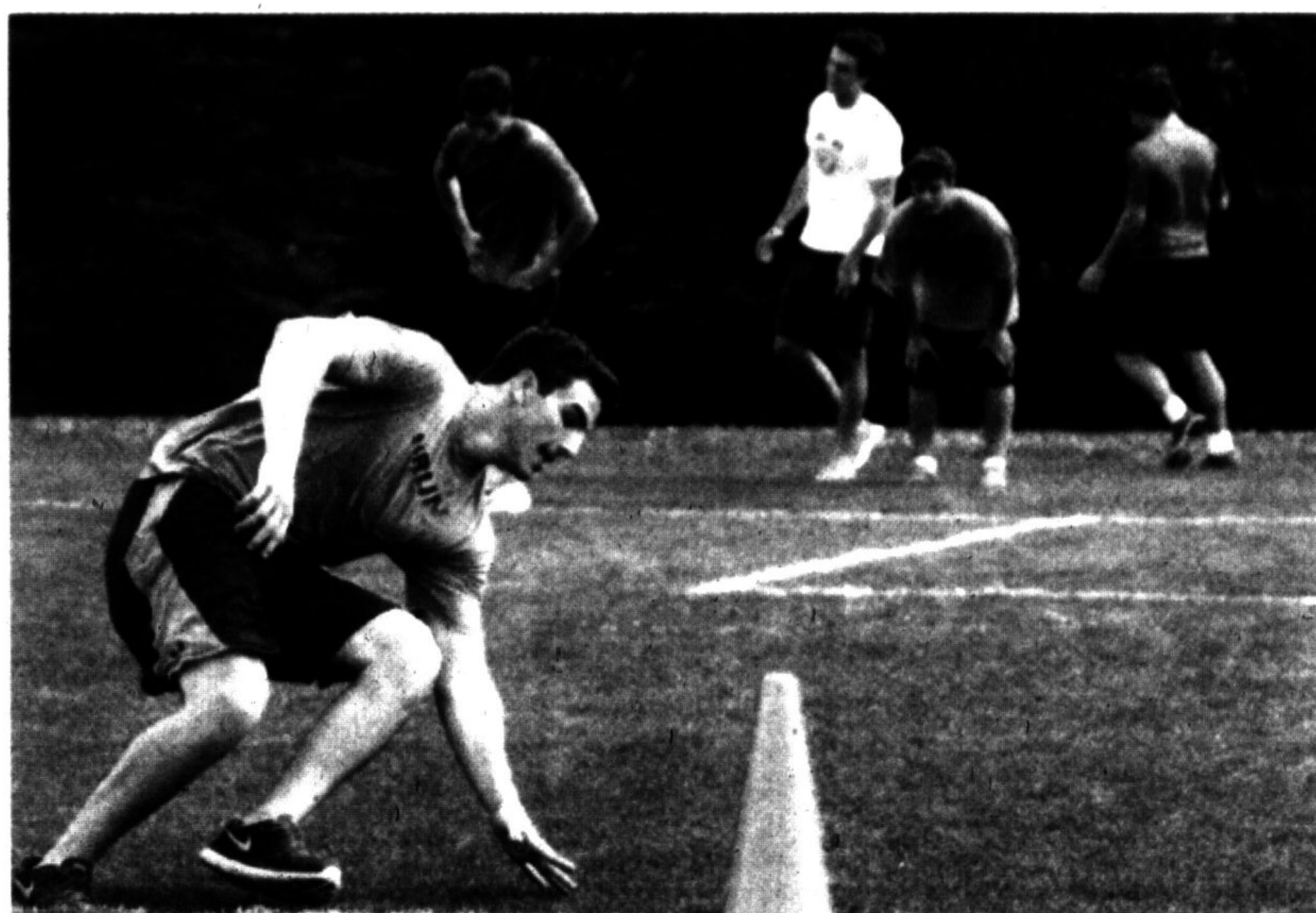
For more on the Spirit, go to: stouffvillespirit.com

For members of the Stouffville Spirit it was back to school for the first day as the Ontario Junior Hockey League club began preparations for the new season by opening training camp at the Stouffville Arena Monday.

Some 40 players reported to camp under the direction of second-year head coach Jeff Perrin. The first days of camp include dryland training and on-ice scrimmages.

"Most of the guys came in top shape and were ready to go," said Perrin, whose team missed the playoffs last season for the first time in recent memory. "And there were a few who I questioned about their conditioning."

During the early days of camp, Perrin revealed his objective is to establish and build up the tempo when the players are on the ice and in terms of competing.



STAFF PHOTO/STEVE SOMERVILLE

Peyton Backus goes through an agility running exercise around a pylon, as teammates show their exhaustion, during Stouffville Spirit training camp at the arena Tuesday.

25, Stouffville Sun-Tribune ■ www.yorkregion.com ■ Thursday, Aug. 15, 2013

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