

2024

TRYOUT SKILLS & DRILLS PREPARATION CAMP



IT'S YOUR TIME TO SHINE! WILL YOU BE READY? WE WILL GET YOU THERE!

- ☆ Know how to put a spotlight on yourself doing something great!
- ☆ Get the competitive battle edge!
- ☆ Open ice moves with success – know how to beat your defender!
- ☆ Know where to be in line and how to get there ... it matters!
- ☆ Maximize over speed training, explosive quick starts, be first to the puck!
- ☆ Shoot to score, quick release, learn how to beat the goalie and score goals!
- ☆ What to wear and what not to wear ... this matters too!
- ☆ Win the puck battles and keep the puck on your stick!
- ☆ Showcase yourself in 3 vs. 3 play!
- ☆ Arrive with confidence and play with composure!



There is a method to the madness of tryouts and you will learn these secrets and tryout tips!

SEPTEMBER 8-24

GRAHAM ARENA COMPLEX

ROCHESTER, MN

Groups: Group I is for player's ages 7-9 years old. Group II is for player's ages 10-13 years old.

Schedule:	Friday, September 6 th	Group I	6:00-7:00pm	Group II	7:15-8:15pm
	Sat. and Sun., Sept. 7 th & 8 th	Group I	12:30-1:30pm	Group II	1:45-2:45pm
	Sat. and Sun., Sept. 14 th & 15 th	Group I	12:30-1:30pm	Group II	1:45-2:45pm
	Sat. and Sun., Sept. 21 st & 22 nd	Group I	12:30-1:30pm	Group II	1:45-2:45pm

Registration: The Tryout Skills and Drills Preparation Camp fee is just \$185. You will need to complete the application page on the back of this flyer and mail it in along with you cash or check payment. You can also drop off the registration to the arena office at the Graham Arena Complex. All sessions will fill on a first served basis and these programs to sell out quickly.

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