

**AUGUST 2018 CWG TRYOUT CAMP
FRIDAY AUGUST 17**

8:00-9:00 am **CAMP REGISTRATION (MULTIPLEX ENTERANCE)**

9:30-11:00am **FITNESS TESTING (FIELDHOUSE)**

11:30-12:30am **LUNCH**

1:30-2:05 PM **PRACTICE (TEAM MERCREDI)**

2:05-2:45 PM **PRACTICE (TEAM BERGMAN)**

ICE CLEAN

3:00-3:40 PM **PRACTICE (TEAM DRAGON)**

3:40-4:15 PM **PRACTICE (TEAM MCBRIDE)**

4:45-5:30 PM **COACHES/EVALUATORS MEETING (REFEREES ROOM)**

SATURDAY AUGUST 18

9:00-10:15 AM **MERCREDI VRS BERGMAN (GAME)**

10:45-11:15AM **COACHES/PARENTS MEETING (SHORTY BROWN STANDS)**

12:00-12:45 PM **DRAGON VRS MCBRIDE (GAME)**

1:00-2:00 PM **LUNCH (COACHES MEETING TBA)**

2:00-3:25 PM **MERCREDI VRS DRAGON (GAME)**

ICE CLEAN

3:45-5:15 PM **BERGMAN VRS MCBRIDE (GAME)**

5:30-6:00 PM **COACHES/EVALUATORS MEETING (REFEREE'S ROOM)**

SUNDAY AUGUST 20

8:00-9:15 AM **MERCREDI VRS MCBRIDE (GAME)**

ICE CLEAN

9:30-10:45 AM BERGMAN VRS DRAGON (GAME)
11:00-11:45AM COACHES EVALUATORS MEETING

Please pass on to the participants for this year's tryouts. As hockey players you need to prepare yourself for an event like this. As you may see we have fitness testing on the first day, this will give us coaches an idea of your commitment to the sport and to our team, your 4 tests will be 30 meter sprint, standing vertical jump, standing long jump, and sitting medicine ball throw (back against a wall). Long gone are the days of getting physically ready 2 weeks before camp or tryouts. In today's game the summer is used to build speed, strength and stamina and with the busy season of hockey ahead you only can maintain these advancements you made over the summer. Show us that you are committed and ready, show us that you put in the time and that you want it because that is what winners and teammates are about. Here are a couple of many websites that have hockey specific training exercises you can do at home or gym.

www.icehockeysystems.com (off-ice hockey workouts and exercises)
www.howtohockey.com (many videos on off ice training)

We will be having a team practice each where we will be teaching you the systems that we will be using in Red Deer, here is your opportunity to show us your hockey IQ and apply it to the games in camp. We expect to see a great will to compete in the games. Please ensure your equipment is up to standards and is ready to go. Please notify the coaching staff of any injuries immediately that may occur before or during the camp. We will be notifying players of their releases or continuation to the December camp no later than September 15 2018 via email. Train hard this summer and looking forward to watching you play.

See you in August

Mirsad Mujcin