



BC HOCKEY

THOMPSON OKANAGAN ROCKETS FEMALE MIDGET AAA

TEAM SELECTION CAMP

August 13-15, 2010

REGISTRATION FORM

The cost of the tryout will be \$90.00 and will be collected at the camp registration on Friday, August 13th. Cheques will be made payable to Kelowna Minor Hockey Association.

Please email Mark Elder, Head Coach, directly to pre-register for the camp at eldarn@shaw.ca

Player Name: _____

Date of Birth: Month _____ Day _____ Year _____

Position Played: _____

Contact Information:

Address: _____

Phone: Home: _____ Cell: _____

Parent/Legal Guardian: _____

Email: _____



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LOCATION: CNC CENTRE KELOWNA

Friday, August 13, 2010

6:00 - 6:30 pm	Registration and Team Assignment
6:45 pm	Orientation Meeting (parents/players)
7:15 pm	Active Warm Up Team White
7:55 pm	Pre-Ice – Team White
8:00 - 9:00 pm	Practice Team White
8:15 pm	Active Warm Up Team Black
9:10 pm	Pre-Ice – Team Black
9:15 pm	Cool Down Team White
9:15-10:15 pm	Practice Team Black
10:30 pm	Cool Down Team Black

Saturday, August 14, 2010

11:45 am	Arrive at Arena
12:00 pm	Active Warm Up - Team Black
12:30 pm	Active Warm Up – Team White
12:30 – 1:45 pm	Fitness Testing – Team Black
1:10 pm	Pre-Ice – Team White
1:15 – 2:30 pm	Practice – Team White
2:40 pm	Pre-Ice – Team Black
2:45 – 4:00 pm	Practice – Team Black
3:15 – 4:30 pm	Fitness Testing – Team White
4:15 – 4:30 pm	Active Cool Down – Team Black
4:30 – 5:30 pm	Nutrition Break - Both Teams (Players responsible for own meal)
5:30 pm	Active Warm Up – Both Teams
6:15 pm	Pre-Ice Both Teams
6:30 – 8:30 pm	Game #1
8:45 pm	Active Cool Down Both Teams
9:15 pm	Dismiss Players for Day

Sunday, August 15, 2010

9:45 am	Active Warm Up Both Teams
10:30 am	Pre-Ice - all players dressed in gear
10:45 am-1:00pm	Game #2
1:15 pm	Active Cool Down
1:45 pm	Pack up gear and put in car
2:00 pm	Player Exit Interviews
3:00 pm	Team Meeting with selected players and parents

** Please insure you bring proper work-out wear (i.e. shorts, runners, etc.)