

Carstairs Minor Hockey Association

Box 773 Carstairs Alberta
T0M 0N0



2024/25 Conditioning Camp and Evaluation Information

One week down, two to go in our conditioning and evaluation process. Hopefully your players came home tired on Tuesday and Thursday, I know all our on-ice coaches did!

Next week, our conditioning camp schedule changes to focus on the drills and skills that the players will be evaluated on. For both Tuesday and Thursday, the U9 grouping will replicate the timing gate drills (that are evaluated on September 17th) and continue to get their legs underneath them.

For the U11's, Tuesday will focus on a hybrid between timing gate drills and learning and executing drills related to offsides (which will be enforced during the evaluation games September 19, 21 and 22) while Thursday will be completely focused on running through timing gate drills once again.

U11 Goalies

For our U11 Goalies, Tuesday will be another opportunity for you to get on your skates and have some rubber directed your way! As Thursday will be directly focused on our timing gate evaluation prep (which you won't be evaluated on) you are welcome to take that day off and rest in advance of your own skills evaluations on Monday September 16th.

Volunteer Opportunities – Evaluations

There are five spots that are left to be filled for our evaluation week which can be signed up for here: <https://signup.com/client/invitation2/secure/1003608684050/false#/invitation>

Although the Player Position Assignment spots seem daunting, the position is given a list of player numbers that the individual is responsible for reading out to get the next five kids ready to go; its fairly straightforward!

Please remember to find your cheque book in the dusty corner of your closet or in your junk drawer. We will need your volunteer cheques during evaluation week!

Coaches

This week is the last week for coaches to sign up so that our Coach Selection Committee can be prepared to review applications and select head coaches for each team as soon as evaluations are concluded. If you haven't already and are interested in coaching, please follow the instructions here: <https://www.carstairsminorhockey.ca/coaches/>

Reminder that you can always find all our updates, conditioning camp groupings and other useful information on our website at www.carstairsminorhockey.ca

As always, if you have any questions on the above, please reach out to myself or a board member that will be happy to assist. We will continue to update you as more information becomes available.

Carstairs Minor Hockey Association



**Box 773 Carstairs Alberta
TOM ONO**

Enjoy the beautiful weekend and see you all back in the rink Tuesday!

Christofer Atchison
President
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U9 Group 1	
Conditioning Camp	
Date	Time
Tuesday September 10	4:15 - 5:15 pm
Thursday September 12	5:30 - 6:30 pm
Evaluations	
Tuesday September 17	4:15 - 5:15 pm
Thursday September 19*	4:30 - 6:30 pm
Saturday September 21*	3:15 - 5:15 pm
Sunday September 22*	1:00 - 3:00 pm
* Players will be moved to different teams - Times will not change	

U9 Group 2	
Conditioning Camp	
Date	Time
Tuesday September 10	5:30 - 6:30 pm
Thursday September 12	4:15 - 5:15 pm
Evaluations	
Tuesday September 17	5:30 - 6:30 pm
Thursday September 19*	4:30 - 6:30 pm
Saturday September 21*	3:15 - 5:15 pm
Sunday September 22*	1:00 - 3:00 pm
* Players will be moved to different teams - Times will not change	

U11 Group 1	
Conditioning Camp	
Date	Time
Tuesday September 10	6:45 - 7:45 pm
Thursday September 12	8:00 - 9:00 pm
Evaluations	
Tuesday September 17	6:45 - 7:45 pm
Thursday September 19*	7:00 - 9:00 pm
Saturday September 21*	5:45 - 7:45 pm
Sunday September 22*	3:30 - 5:30 pm
* Players will be moved to different teams - Times will not change	

U11 Group 2	
Conditioning Camp	
Date	Time
Tuesday September 10	8:00 - 9:00 pm
Thursday September 12	6:45 - 7:45 pm
Evaluations	
Tuesday September 17	8:00 - 9:00 pm
Thursday September 19*	7:00 - 9:00 pm
Saturday September 21*	5:45 - 7:45 pm
Sunday September 22*	3:30 - 5:30 pm
* Players will be moved to different teams - Times will not change	

U11 Goaltenders	
Conditioning Camp	
Date	Time
Tuesday September 10	8:00 - 9:00 pm
Evaluations	
Monday September 16	7:30 - 8:30 pm
Thursday September 19*	7:00 - 9:00 pm
Saturday September 21*	5:45 - 7:45 pm
Sunday September 22*	3:30 - 5:30 pm
* Players will be moved to different teams - Times will not change	