

Carstairs Minor Hockey Association

**Box 773 Carstairs Alberta
T0M 0N0**



2025/26 Conditioning Camp Week 2

One week down, two weeks to go until we are off and running!

Hope you all enjoyed a nice weekend, here is the information you need to know for this week.

U7 Families and Pre-Hockey Families

Season starts up on Saturday September 20th for U7 Players and Sunday September 21st for U7 and Pre-Hockey Players.

Please remember U7 Families, if you need arrangements for travel to practices etc. to please let us know as soon as possible. Accommodations will only be made prior to the 20th. It isn't always possible as we are required to try to make evenly skilled teams, but we do our best. If you have any requests, please email me and I will start a list: president@carstairsminorhockey.ca

Conditioning Camp

Conditioning Camp continues this week for U9 and U11 players. Tuesday, players (and goalies) will finish their conditioning portion of the process and then we will transition on Thursday to prepare players (no goalies) for the drills that they will be evaluated on the following week. I strongly encourage players to make that portion so they can practice those drills.

The Conditioning Camp Schedule for this week is as follows:

U9 Group 1		U9 Group 2	
Conditioning Camp		Conditioning Camp	
Date	Time	Date	Time
Tuesday September 9	4:15 - 5:15 pm	Tuesday September 9	5:30 - 6:30 pm
Thursday September 11	5:30 - 6:30 pm	Thursday September 11	4:15 - 5:15 pm

U11 Group 1		U11 Group 2	
Date	Time	Date	Time
Tuesday September 9	6:45 - 7:45 pm	Tuesday September 9	8:00 - 9:00 pm
Thursday September 11	8:00 - 9:00 pm	Thursday September 11	6:45 - 7:45 pm

****U11 Goalies – Please note that your attendance is not needed on Thursday September 11th as these drills are only for skaters. Alternatively, please mark Saturday September 13th (1:45-2:45 pm) down for your goalie skills evaluation. If you are unable to make this time work, please let Player Development Coordinator Shayne Mercer (playerdevelopment@carstairsminorhockey.ca) as soon as possible and I will attempt to find alternative arrangements ****

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Volunteer Opportunity – Hitmen Game

We are looking for four folks to sell 50/50 tickets at the Hitmen Game on Friday! The Signup link for that one is here:

<https://signup.com/go/GCHnaFY>

Volunteer Opportunities – Evaluations

The Conditioning Camp and Evaluations Processes take a ton of volunteer efforts to pull off and are a great opportunity to start working off some hours. We are still looking for a bunch of volunteers for that process starting up next week. Please find below the signup link:

<https://signup.com/go/qGAGSMv>

Coaches

The deadline for coaches to sign up is Monday September 15th 2025 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/>

Please reach out to Coaching Coordinator Tyler Rasmussen (coachcoordinator@carstairsminorhockey.ca) if you have any questions on what certifications you require, if you need help registering or have any coaching related questions.

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.



Christofer Atchison
President

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