



# Shakopee Girls Hockey



## First Two Weeks Schedule

### Week of October 27<sup>th</sup> - November 1<sup>st</sup> (Try-out Week)

#### Monday, October 27<sup>th</sup>

- 🐾 6:30a-7:15a Training Haus @ Shakopee HS
- 🐾 3:30-6:15 Try-outs (rink 1)

#### Tuesday, November 28<sup>th</sup>

- 🐾 3:30-4:30 Try-outs - Skate (rink 1)
- 🐾 4:45-6:15 Try-outs – Scrimmage (rink 1)

#### Wednesday, November 29<sup>th</sup>

- 🐾 6:30a-7:15a Training Haus @ Shakopee HS
- 🐾 3:30-5:00 Group A Practice (Rink 1) (Defensive Zone Coverage/ Skills)
- 🐾 5:15-6:15 Group B Practice (Rink 1)
- 🐾 6:30-8:30 Player interviews with Coaching Staff

#### Thursday, November 30<sup>th</sup>

- 🐾 3:30-4:45 Varsity Practice (Rink 1) (Defensive Zone Coverage/ Skills)
- 🐾 5:00-6:15 JV Practice (Rink 1)
- 🐾 6:30-8:00 Player interviews with Coaching Staff

#### Friday, November 31<sup>st</sup>

- 🐾 6:15-7:15 AM Compete Day 1
- 🐾 1:15-2:30 Player interviews with Coaching Staff
- 🐾 3:00-4:30 Varsity Practice (Rink 1)
- 🐾 4:45-6:15 JV Practice (Rink 1)
- 🐾 Saturday Scrimmage Rosters Posted

#### Saturday, November 1<sup>st</sup>

- 🐾 10:30-11:30 JV Scrimmage vs Prior Lake (Rink 1)
- 🐾 11:15 Scrimmage Players Report to SIA
- 🐾 11:45-3:15 Scrimmage Fest (PL, Eastview, Armstrong Cooper)
- 🐾 3:30-4:45 Player Placement Meetings



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## First Two Weeks Schedule

### Week of November 3<sup>rd</sup> -8<sup>th</sup>

#### Monday, November 3<sup>rd</sup>

- 🐾 6:30 am-7:15 am JV/Varsity Training Haus Heavy Day (SHS)
- 🐾 3:30pm-5:00pm Varsity Practice (Rink 1)
- 🐾 5:15-6:15 Junior Varsity Practice (Rink 1)

#### Tuesday, November 4<sup>th</sup>

- 🐾 6:30 am-7:15 am Varsity Training Haus Light Day (SHS)
- 🐾 6:15 am -7:15 am Junior Varsity Practice (Rink 1)
- 🐾 3:30pm-4:15pm Varsity Practice (Rink 1)
- 🐾 4:15pm-4:45pm Special Teams (Rink 1)
- 🐾 5:00pm – 6:15pm Open Skills Ice (Optional for all)

#### Wednesday, November 5<sup>th</sup> - **Finals**

- 🐾 3:30-4:45 Varsity Practice (Rink 1)
- 🐾 5:00-6:15 Junior Varsity Practice (Rink 1)

#### Thursday, November 6<sup>th</sup> - **Finals**

- 🐾 6:15-7:15 AM Compete Day 2
- 🐾 3:30pm-5:00pm Varsity Practice (Rink 1)
- 🐾 3:45-4:15 JV Training Haus Light Day (SHS)
- 🐾 5:15-6:15 Junior Varsity Practice (Rink 1)

#### Friday, November 7<sup>th</sup>

- 🐾 9:00-10:00 Team Pictures
- 🐾 10:15-11:30 Varsity Practice (Rink 1)
- 🐾 11:45-1:00 Junior Varsity Practice (Rink 1)
- 🐾 12:00 – 1:15 Varsity Team Goal Setting Dinner (SHS Upper Commons)
- 🐾 1:15 – 2:15 JV/Varsity Team Nutrition Classroom (SHS Lecture Room)

#### Saturday, November 8<sup>th</sup>

- 🐾 8:00 – 9:00 Junior Practice (Rink 1)
- 🐾 9:15-10:45 Varsity Practice (Rink 1)
- 🐾 11:00-12:45 Workout/Games/Film @ SHS