

# *Minnetonka Youth Hockey*

## BANTAM - 2008 MYHA PRE-TRYOUT HOCKEY CLINICS

The 2008-09 MYHA hockey season is fast approaching! Be fully prepared for tryouts by attending the 2008 Bantam pre-tryout clinics. This year's clinics have a new format and will be lead by select MYHA coaches.

The 2008 pre-tryout clinics consist of 3 on-ice skill training sessions and 3 scrimmage sessions! Below is a breakdown of what to expect:

**Skill Training Sessions**----will focus on development of skating, passing, puck control, shooting, and checking skills.

**Scrimmage Sessions**----will allow the players to work on their skills in a game situation and also improve their physical conditioning for the tryout scrimmages. Instruction will also be given on what evaluators will be looking for during tryouts.

The 2008 Bantam pre-tryout clinics are an essential part of preparing for this year's tryouts. Don't delay! The pre tryout clinics are limited to the first 75 skaters that sign up.

The six Goalie Clinics will cover all aspects of goaltending with emphasis on the following: basic stance, net work, save selection, staying square to the puck/horseshoe, puckhandling and helping out the defensemen and rebound control. Goalies are also expected to attend their general clinics free of charge.

The General clinic and Goalie clinic fee is \$105 per player. There is a separate registration form on the website link at [www.tonkahockey.org](http://www.tonkahockey.org).

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### **Bantam Clinic Schedule Updated 9/3/2008**

<b>Date</b>	<b>Ice Sessions Skaters A-La Goalies A-B</b>	<b>Ice Sessions Skaters Le-Z Goalies C-Z</b>	<b>Location</b>
Sat 9/6	3:10-4:10PM	4:20-5:20PM	Pagel
Sun 9/7	1:30-2:30PM	12:20-1:20PM	Pagel
Sat 9/13	5:00-6:00PM	6:10-7:10PM	Pagel
Sun 9/14	8:20-9:20AM	9:30-10:30AM	Pagel
Sat 9/20	3:10-4:10PM	2:00-3:00PM	Pagel
Sun 9/21	10:30-11:30AM	9:20-10:20AM	Pagel

<b>Date</b>	<b>Dryland Sessions Skaters A-La Goalies A-B</b>	<b>Dryland Sessions Skaters Le-Z Goalies C-Z</b>	<b>Location</b>
Sun 9/14	9:40-10:20AM	10:50-11:30AM	Pagel
Sat 9/20	2:10-2:50PM	1:00-1:40PM	Pagel
Sun 9/21	11:50-12:30PM	10:40-11:20AM	Pagel

### **Bantam Goalie Updated Schedule**

<b>Date</b>	<b>Time</b>	<b>Location</b>
Sat 9/6	2:00-3:00PM	Pagel
Sun 9/7	11:10-12:10PM	Pagel
Sat 9/13	3:50-4:50PM	Pagel
Sun 9/14	10:40-11:40PM	Pagel
Sat 9/20	4:20-5:20PM	Pagel
Sun 9/21	11:40-12:40PM	Pagel