

TMJ ELITE FITNESS

HOCKEY SKILLS CHALLENGE

WHEN:

SUNDAY, APRIL 29TH

1 pm– 6 pm

WHAT:

**MITES-VARSITY- test your skills in
our friendly one day
competition!**

EMAIL US TO REGISTER tmjelitefitness@gmail.com

Skill Categories

- Shot-Accuracy
- Shot–strength
- Sprint speed
- Stickhandling
- Slide boards

Trophies awarded to
the top overall win-
ner in each age
group!

- MITES: 1pm
- SQUIRT/U10: 2pm
- PEEWEE/U12: 3pm
- BANTAM/U15: 4pm
- JV/VARSITY: 5 pm