

East Regional 2007-10 Tryout Schedule 3-24-24

Westchester Skating Academy (WSA) - 91 Fairview Park Dr, Elmsford, NY 10523

8:30 am - Sign In for 2007 – 08 Age Group

9:15 am -10:00 - 2007 - 08 - On Ice Skaters & Goalies ADM Skill 1

10:00 – Ice Cut

9:15 am - Sign In for 2009 – 10 Age Group

10:15 am -11:00 – 2009 - 10 - On Ice Skaters & Goalies ADM Skill 1

11:00 – 12:00 - Break

12:00 pm -12:45 - 2007 – 08 - On Ice Skaters & Goalies ADM Skill 2

12:45 – Ice Cut

1:00 – 1:45 - Goalie Specific Session - Only Goalies On Ice

1:45 – Ice Cut

2:00 pm - 2:45 - 2009 – 10 - On Ice Skaters & Goalies ADM Skill 2

2:45 – Ice Cut

3:00 pm - 3:30 - Small Ice Games – 2007 – 08

3:30 – Ice Cut

3:45 pm – 4:15 - Small Ice Games – 2009 – 10

Internal times may be adjusted depending on the number of players registered.

We encourage players during downtime to get a good stretch and dynamic warm-up/cool down in between sessions, hydrate and eat as needed. If you need any help please don't hesitate to let us know.

Please bring your own water bottle/sports drink.