



**KC Stars Gold+ Travel Hockey
Conditioning Skates
and
Tryout Schedule for August 2023**



Pre-Tryout On-Ice Conditioning Schedule for August 7-14, 2023

***For Players who chose this option. All events at KCIC.**

Players will be assigned to a group when all registrations are in.

Stars 10U Conditioning Skates (all Squirts attend both sessions)

Friday August 11th 5:30-6:30pm

Monday August 14th 6:00-7:00pm

Stars 12U Conditioning Skates

Tuesday August 8th 6:00-7:00pm Group 1 Last Name A-K

Tuesday August 8th 7:10-8:10pm Group 2 Last Name L-Z

Friday August 11th 6:40-7:40pm Group 1 Last Name A-K

Friday August 11th 7:50-8:50pm Group 2 Last Name L-Z

Stars 14U Conditioning Skates

Wednesday August 9th 6:00-7:00pm Bantam Group 1 Last Name A-K

Wednesday August 9th 7:10-8:10pm Bantam Group 2 Last Name L-Z

Saturday August 12th 2:40-3:40pm Group 1 Last Name A-K

Saturday August 12th 3:50-4:50pm Group 2 Last Name L-Z

Girls Storm Conditioning Skates

Monday August 7th

6:00-7:00pm Storm Girls U10-U12

7:10-8:10pm Storm Girls U14-U16-U19

Thursday August 10th

6:00-7:00pm Storm Girls U10-U12

7:10-8:10pm Storm Girls U14-U16-U19

Girls Storm Tryout Schedule

10U-12U Storm Tryouts:

August 12th 5:00-6:30pm

August 13th 8:00-9:00am

14U-16U Storm Tryouts:

August 12th 6:45-8:20pm

August 13th 9:10-10:10am

19U Storm Tryouts:

August 13, 2023 10:20am-12:40pm

Stars Tryout Schedule on next page.

