

**EVALUATION PREPARATION PRACTICES – ALL UPPER MITES**

**ALL Sessions at Pagel Center (Rink 1) – 18313 Highway 7, Minnetonka**

LAST NAME	SATURDAY, OCTOBER 28
A – E	9:45am – 10:45am
F – L	11:00am – 12:00pm
M – SB	12:15pm – 1:15pm
SC – Z	1:30pm – 2:30pm

**GOALIES – YES, YOU WILL BE TIMED DURING EVALUATIONS TOO, SO WEAR REGULAR HOCKEY EQUIPMENT THIS WEEKEND (NOT GOALIE GEAR)**

**EVALUATIONS – ALL UPPER MITES**

**ALL** Upper Mites are assigned to a team for the upcoming season based on their results of the combined 3-drill evaluation times. The 3-drills follow the Hockey Education Program (HEP) that were created and are endorsed by USA Hockey and Minnesota Hockey. As recommended per HEP, there will be no subjective evaluations conducted at Mites (i.e. – scrimmages, that occurs at traveling levels). **Mite evaluations is 100% based on time**, and the stopwatch will be the sole judge.

**ALL Sessions at Pagel Center (Rink 2) – 18313 Highway 7, Minnetonka**

LAST NAME	SUNDAY, OCTOBER 29
A – CHA	8:15am – 8:45am
CHB – E	8:45am – 9:15am
F – HOL	9:30am – 10:00am
HOM – L	10:00am – 10:30am
M – PIA	10:45am – 11:15am
PIB – SB	11:15am – 11:45am
SC – TQ	12:00pm – 12:30pm
TR – Z	12:30pm – 1:00pm

**PLEASE ARRIVE EARLY TO EVALUATIONS!!! THIS IS SO IMPORTANT.  
THIS IS NOT THE DAY YOU WANT TO BE ARRIVING AT THE RINK LAST MINUTE.**

- Puck Handling (2x, if player falls allow one re-try) – Start on goal line, carry puck around four cones and back across start/finish line
- Cross-Overs (2x, if player falls, allow one re-try) – Start on goal line, complete figure-eight (no puck) and back across start/finish line
- Forward to Backward Skate (2x, if player falls allow one re-try) – From stationary position, go forward to the first tire, then backwards to the next, then forwards, and then finish backwards. Clock stops when skater crosses Red line.

