

SOUTH COUGARS HOCKEY TRYOUT CHECKLIST



- ✓ All forms turned in & fully completed prior to 10 am on 11/8
- ✓ Current physical on file with Naomi
- ✓ Registered thru FeePay system prior to tryouts
- ✓ Academic progress sheet completed & submitted to Naomi by 11/8

FOR TRYOUTS:

Medication: Asthma, Diabetes, injuries or other

Food/Nutrition: Bring healthy food to training & eat 5-7 small meals a day

Sleep: 8-10 hours a night



Equipment: Full gear including water bottle & 2-3 sticks
Wear South gear, jersey & socks

Dryland: All south apparel