

East Regional 2011-12 Tryout Schedule 3-23-24

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

4:00 pm - Sign In for 2011-12 - Age Group

5:00 pm – 5:45 - 2011-12 - On Ice Skaters & Goalies ADM Skill 1

5:45 – Ice Cut

6:00 pm - 6:30 - 2011-12 - On Ice Skaters & Goalies ADM Skill 2

6:30 – Ice Cut

6:45 pm - 7:15 - Goalie Specific Session - Only Goalies On Ice

7:15 – Ice Cut

7:30 pm - 8:00 - Small Ice Games – 2011-12

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.