



# Sunday Spring Clinics

Lady Ducks Clinics are designed to train players in a high tempo atmosphere placing players based on age and skill level. Younger players will work on basic skills and development, while middle school and high school players will focus on improving their high tempo skills and strategies. These hour long clinics are intended to improve each player in their own progression and prepare them for Tier I and II tryouts. Clinics this Spring will be run by our LD Skills Coaches

Fee is \$35 per session per player. MUST pre-pay to participate, drop-ins welcome. NO CASH or CHECK payments – Venmo (@LadyDucksProgram) and Paypal ([orderldapparel@gmail.com](mailto:orderldapparel@gmail.com)) or Zelle (#714-900-0111).

**Please include player's name, session date and any details.**

**Pre-Pay all 11 sessions for \$300.** Pre-registration is required for "Pre-Pay" option at [www.anaheimladyducks.com](http://www.anaheimladyducks.com) and fee can ONLY be paid by Venmo, Zelle or PayPal. Deadline to take advantage of this special is March 17, 2023.

Goalies are welcome to participate free of charge. Male siblings are welcome to participate in clinics, with payment, based on the age division they will be playing next season.

| Group 1: 6U, 8U, and 10U                                  | Group 2: 12U, 14U and 16-19U*                             | Group 3: 16U and 19U                                       |
|---|---|--|
| March 12 – 9:45 am<br>Westminster Ice                     | March 12 – 11:00 am<br>Westminster Ice                    | April 9 - 11:00 am<br>Apparel Sale<br>Westminster Ice      |
| March 19 – 9:45 am<br>Westminster Ice                     | March 19 – 11:00 am<br>Westminster Ice                    | April 16 - 11:00 am<br>Meet our Coaches<br>Westminster Ice |
| March 26 – 9:45 am<br>Westminster Ice                     | March 26 – 11:00 am<br>Westminster Ice                    | April 30 – 11:00 am<br>Hockey Swap<br>Westminster Ice      |
| April 9 – 8:30 am<br>Apparel Sale<br>Westminster Ice      | April 9 – 9:45 am<br>Apparel Sale<br>Westminster Ice      | May 14 – 11:00 am<br>Moms & Muffins<br>Westminster Ice     |
| April 16 – 8:30 am<br>Meet our Coaches<br>Westminster Ice | April 16 – 9:45 am<br>Meet our Coaches<br>Westminster Ice | May 21 - 11:00 am<br>Apparel Sale<br>Westminster Ice       |
| April 23 – 9:45 am<br>Westminster Ice                     | April 23 – 11:00 am<br>Westminster Ice                    |  |
| April 30- 8:30 am<br>Hockey Swap<br>Westminster Ice       | April 30- 9:45 am<br>Hockey Swap<br>Westminster Ice       |  |
| May 7 – 9:45 am<br>Westminster Ice                        | May 7 – 11:00 am<br>Westminster Ice                       |  |
| May 14 – 8:30 am<br>Moms & Muffins<br>Westminster Ice     | May 14 – 9:45 am<br>Moms & Muffins<br>Westminster Ice     |  |
| May 21 - 8:30 am<br>Apparel Sale<br>Westminster Ice       | May 21 – 9:45 am<br>Apparel Sale<br>Westminster Ice       |  |
| June 4 – 9:45 am<br>Westminster Ice                       | June 4 – 11:00 am<br>Westminster Ice                      |  |

\*16-19U included in Group 2 March 12 thru June 4

\*\*Attendance is based on the age division the player will be playing next season

\*\*\*New/Novice players may be placed in appropriate group to accommodate skill level

**Westminster Ice – 13071 Springdale Street, Westminster, CA 92683**

**For the 2023-24 Season, the Lady Ducks looks to field:**

**Younger teams:** All girls in-house 8U-10U, 8B and 8A, 10B and 10A. We have a no-cut policy at these ages and encourage all players to participate through placement on the appropriate team.

**Older teams:** In-house 12A-19A, 12AA and 12AAA, 14AA and 14AAA, 16AA and 16AAA, 19AA/High School and 19AAA teams.

Clinic and player questions: [Lillian.Marchant@anaheimladyducks.com](mailto:Lillian.Marchant@anaheimladyducks.com)  
Registration and payment questions: [Caroline.Marchant@anaheimladyducks.com](mailto:Caroline.Marchant@anaheimladyducks.com)