

AAA TIER 1 PROGRAM

2010

LANSING CAPITALS

AAA

AAA TIER 1 SPRING HOCKEY

Midget Practice Schedule

Wed April 14 5:30—7:30 PM
Thur April 22 6:30—8:30 PM
Wed April 28 5:30—7:30 PM
Wed May 5 5:00—7:00 PM
Wed May 12 5:00—7:00 PM
Wed May 19 6:30—8:20 PM

Bantam Practice Schedule

Thur April 15 7:00—9:00 PM
Thur April 22 8:30 - 9:50 PM
Thur Apr 29 7:00—9:00 PM
Thur May 6 7:00—9:00 PM
Thur May 13 7:00—9:00 PM
Thur May 20 7:00—9:00 PM



TOURNAMENT

SHOWDOWN

in

MOTOWN

April 29—May 1

Detroit

All Teams

Midget Tryouts
March 24—25

Bantam Tryouts
March 27—28

6 Week Program



GLAHA

Greater Lansing Amateur
Hockey Association

Suburban Ice

East Lansing
517 336-4272

AAA Hockey Director

Dean Dixon

ddixon44@hotmail.com

MIDGET AAA Head Coach Dean Dixon
Assistant Coach Ray McKenzie

BANTAM AAA Head Coach Jay Laing
JayRLaing@Yahoo.com

Bantam Assistant Coach Dean Dixon

TRYOUT COST \$ 60

SPRING FEE \$ 350

Payable to:

Lansing Capitals

AAA Hockey Program