

Racers AAA Spring Tournament Team Info and Schedule

2017 Spring Team Registration

Teams will play in the Chi-Town Shuffle in Chicago April 21-23

Dates and times for the tryouts and training days can be found below. Players that cannot attend training days are still eligible to play in the tournament, however we cannot prorate the cost. If you cannot attend the tryout, please contact Derek Edwardson (dedwardson@indystronghockey.com) and we will make the necessary arrangements.

Cost for the team includes tryout, practice ice, off-ice training, lunch during training days, jerseys, socks and tournament fee. The only additional costs that families can expect are travel expenses incurred during the tournament. Families will be required to stay at a hotel designated by the tournament.

Price: \$329 If registered before 2/15/2017. \$349 if registered after 2/15/2017. Players must be registered online by Friday 3/17. Players not selected for the team will receive a full refund.

TRYOUT SCHEDULE

U16 Coach: Derek Edwardson 2001/2002	U14 Coach: Josh Mervis 2003/2004	U12 Coach: Eric Olib 2005/2006	U10 Coach: Todd Grant 2007/2008
3/21 7:45-8:45pm Carmel Ice Skadium	3/21 6:30-7:30pm Carmel Ice Skadium	3/22 7:20-8:20pm Carmel Ice Skadium	3/22 6:10-7:10pm Carmel Ice Skadium

Training days will consist of two ice sessions, off-ice speed and agility training, off ice stickhandling for U10-12 and strength and endurance training for our U14-16's. Ice sessions will include overspeed skating, position specific skill work, and a variety of different games and scrimmages to create working relationships with players' new teammates.

TRAINING DAYS

Dates	U16 2001/2002	U14 2003/2004	U12 2005/2006	U10 2007/2008
Saurday 3/25	Ice:10:30-11:30 Speed/Agility:12:00 Strength/Endurance 12:45 Lunch: 1:30 Ice: 4:45-5:45	Ice: 10:30-11:30am Strength/Endurance 12:00 Speed/Agility: 12:45 Lunch 1:30 Ice: 3:30-4:30	Ice: 9:15-10:15am Stickhandling:10:45 Speed/Agility: 11:30 Lunch: 12:00 Ice 2:15-3:15	Ice: 9:15-10:15am Speed/Agility: 10:45 Stickhandling:11:30 Lunch 12:00 Ice: 2:15-3:15pm
Saturday 4/15	Ice:10:30-11:30 Speed/Agility:12:00 Strength/Endurance 12:45 Lunch: 1:30 Ice: 4:45-5:45	Ice: 10:30-11:30am Strength/Endurance 12:00 Speed/Agility: 12:45 Lunch 1:30 Ice: 3:30-4:30	Ice: 9:15-10:15am Stickhandling:10:45 Speed/Agility: 11:30 Lunch: 12:00 Ice 2:15-3:15	Ice: 9:15-10:15am Speed/Agility: 10:45 Stickhandling:11:30 Lunch 12:00 Ice: 2:15-3:15pm