Tartan Hockey Captains Practice 2015–16

**September**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 14  BRING TENNIS SHOES &  APPROPRIATE CLOTHING. INDOOR OR OUTDOOR. | 15  A & B 315-400 C & D 415-500pm Main Arena  Leg Circuit after each session. | 16  DLT  1 mile run  50 yard sprint ladder  **Inclement Weather:**  Indoors  DLT | 17  A & C 315-400 B & D 415-500pm Main Arena  Leg Circuit after each session. | 18  DLT  1 mile run  50 yard sprint ladder  **Inclement Weather:** Indoors  DLT |
| 21  DLT  1 mile run  50 yard sprint ladder  **Inclement Weather:** Indoors  DLT | 22  B & C 315-400 A & D 415-500pm Main Arena  Leg Circuit after each session. | 23 | 24  A & B 315-400 C & D 415-500pm Main Arena  Leg Circuit after each session. | 25  DLT  1 mile run  50 yard sprint ladder  **Inclement Weather:** Indoors  DLT |

**October**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 28 | 29  DLT  2 mile run  60 yard sprint ladder  **Inclement Weather:** Indoors  DLT | 30 | 1  DLT  2 mile run  60 yard sprint ladder  **Inclement Weather:**  Indoors  DLT | 2  B & D 315-400 A & C 415-500pm Main Arena  Leg Circuit after each session. |
| 5  B & D 315-400 A & C 415-500pm Main Arena  Leg Circuit after each session. | 6 | 7  DLT  2 mile run  60 yard sprint ladder  **Inclement Weather:** Indoors  DLT | 8  A & B 315-400 C & D 415-500pm Main Arena  Leg Circuit after each session. | 9  DLT  2 mile run  60 yard sprint ladder  I**nclement Weather:** Indoors  DLT |
| 12  C & B 400-500pm Main Arena  Leg Circuit after session. | 13  DLT  2 mile run  70 yard sprint ladder  **Inclement Weather:** Indoors  DLT | 14  A & D 400-500pm Main Arena  Leg Circuit after session. | 15 | 16  DLT  2 mile run  70 yard sprint ladder  **Inclement Weather:** Indoors  DLT |
| 19  B & D 400-500pm Main Arena  Leg Circuit after session. | 20  A & C 400-500pm Main Arena  Leg Circuit after session. | 21  DLT  3 mile run  70 yard sprint ladder  **Inclement Weather:**  Indoors  DLT | 22  A & B 400-500pm Main Arena  Leg Circuit after session. | 23  C & D 400-500pm Main Arena  Leg Circuit after session. |
| 26  A & D 315-400 B & C 415-500pm Bubble Arena  Leg Circuit after each session. | 27  DLT  3 mile run  80 yard sprint ladder  **Inclement Weather:** Indoors  DLT | 28  DLT  3 mile run  80 yard sprint ladder  **Inclement Weather:** Indoors  DLT | 29  B & D 315-400 A & C 415-500pm Bubble Arena  Leg Circuit after each session. | 30  A & B 315-400 C & D 415-500pm Bubble Arena  Leg Circuit after each session. |

**November**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 2  A & C 315-400 Bubble Arena  B & D 3 mile run | 3  B & D 315-400 Bubble Arena  A & C 3 mile run | 4  B & C 315-400 Bubble Arena | 5  A & D 315-400 Bubble Arena | 6  4 mile run for  all candidates. |
| 9  Tryouts | 10  Tryouts | 11  Tryouts  Final Selection | 12 |  |

**For the final four mile run you will have to complete it within a certain time period prior to tryouts. We will let you know the parameters on the day that we have our meeting. September 11, @ 300pm in the BLC at the arena.**

**We are looking for leaders to take charge of the Leg Circuits!**

**\*\*\*\*Remember: this is not mandatory\*\*\*\***

**Fall sport participants should not participate until your season is officially over. Then contact us and we will put you in a session and notify you of your fee.**

**You will be notified what practice group you are on after the sign ups are complete. Look on the web site for your team.**

**Tryouts start November 9th. There will be announcements prior to the beginning. We will also e-mail and Remind 101 announcements to those players whose e-mail and numbers we have from this summer.**

In order to participate in Captains Practice you must be paid in full by September 15th. If there is a financial situation please contact us beforehand so we can work with you and your parents.

—————————————————————————————————————————————

Registration Information

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Telephone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**E-Mail Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Your Cell Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**The Position you will try out for during the tryout process.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Year in School:  9/ 10 / 11 / 12 Please circle**

**--------------------------------------------------------------------------------------------------------------**

Fee: **$ 185.00**

**Send Check To:**

**Steve Romanchuk**

**6400 47th St. N.**

**Oakdale, MN. 55128**

Make Check Out To:   **Blue Line Club**