



MCYHA Sharks Spring/Summer Sessions 2019

On behalf of the Sharks coaching staff, we want to invite you to join us for our spring and summer training sessions. We look forward to providing a balance of fun scrimmages and dynamic skills development opportunities emphasizing skating, stickhandling, passing, shooting and gap control.

Our program goalie coaches, Mark McHale and our team will be putting significant emphasis on goalie development during our skills training sessions. We plan to leverage a variety of set ups, small area games, competitive situations and most of all providing a fun environment to help you develop your skills. We will also be looking for other off ice opportunities to help bring the players together and prepare for the season.

When you come to the rink, please see a coach or board representative to pay for the scrimmage/skill training.

Costs: Sessions are \$11.00 each on ice and off ice are free

On Ice Skills Training Dates:

Monday, April 8 th 7:10 - 8:10pm	Monday, June 24 th 9:40 – 10:40pm
Monday, April 15 th 7:10 - 8:10pm	Monday, July 1 st 9:40 – 10:40pm
Monday, April 22 nd 7:10 - 8:10pm	Monday, July 8 th 9:40 – 10:40pm
Monday, April 29 th 7:10 - 8:10pm	Monday, July 15 th 9:40 – 10:40pm
Monday, May 6 th 7:10 - 8:10pm	Monday, July 22 nd 9:40 – 10:40pm
Monday, May 13 th 7:10 - 8:10pm	Monday, July 29 th 9:40 – 10:40pm
Monday, June 3 rd 9:40 – 10:40pm	Monday, August 5 th 9:40 – 10:40pm
Monday, June 10 th 9:40 – 10:40pm	Monday, August 12 th 9:40-10:40pm
Monday, June 17 th 9:40 – 10:40pm	Monday, August 19 th 9:40-10:40pm

Scrimmage Dates:

Friday, April 12 th 9:10 - 10:10pm	Friday, July 12 th 9:10 – 10:10pm
Friday, May 10 th 9:10 – 10:10pm	Friday, July 19 th 9:10 – 10:10pm
Friday, May 3 rd 9:10 - 10:10pm	Friday, July 26 th 9:10 – 10:10pm
Friday, June 7 th 9:10 – 10:10pm	Friday, August 2 nd 9:10 – 10:10pm
Friday, June 14 th 9:10 – 10:10pm	Friday, August 9 th 9:10 – 10:10pm
Friday, June 21 st 9:10 – 10:10pm	Friday, August 16 th 9:10 – 10:10pm
Friday, June 28 th 9:10 – 10:10pm	Friday, August 23 rd 9:10 – 10:10pm
Friday, July 5 th 9:10 - 10:10pm	

NOTE: Players, please bring a dark jersey, light jersey, neck guard and mouth guard.

Free Off Ice Skills Training: Every Thursday starting on April 18th to August 8th (Off July 4th) Soldiers and Sailors Rink 7:15 – 8:15 pm – Equipment - tennis shoes, hockey gloves, old hockey stick, blocker and glove for goalies and **your work ethic**

Brian Ludy
MCYHA Sharks ACE
USA Hockey CEP Level IV



Proud Member Of