



FULL ATTENDANCE IS ENCOURAGED, SHAKE OFF THE RUST AND BREAK IN YOUR SKATES!

MMH PREP SKATE . . . Kick off the season and get your adrenaline flowing!



ON ICE Prep Skate



Tuesday, September 13th & Thursday, September 15th

Mayerthorpe Arena

U9/U11 5:00 - 6:00pm	U13 6:00 - 7:00pm	U15 7:15 - 8:15pm	U18 8:30 - 9:30pm
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Hitting and Checking Clinic for ALL U15 - U18 Players ONLY

Wednesday, September 14th

Classroom Session 5:00 - 5:45pm

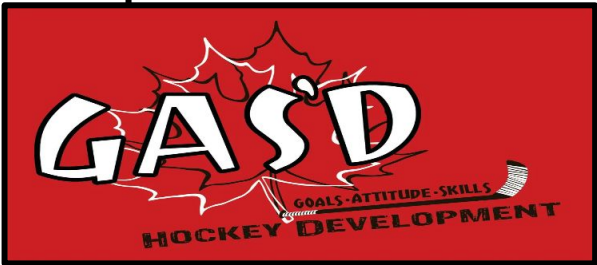
(upstairs in the arena, please bring a snack)

On Ice Session 6:00 - 7:00pm

Don't worry U7 players and goalies, we have something planned for you too. Stay tuned for details!

On ice development for U9 & U11 will be instructed by Ashley Shrode from GAS'D Hockey Development! Her vast list of credentials translate to hockey knowledge players can use on the ice.

- Former NCAA Division 1 Scholarship Athlete
- U22 Team Canada 2008 Defensemen
- 2018 Alberta Winter Games Bantam Head Coach
- 2019 Alberta Challenge Cup Bantam Head Coach
- 2020 U18 Team Alberta Head Coach
- Founder of Tru Grit Hockey Academy - 2020
- High Performance 1 Coaching Certification



On ice development for U13, U15 and U18 players will be lead by **Mike McGinnis!** His impressive hockey background speaks for itself and his open-minded approach to hockey allows the players to advance to their full potential.

Mike McGinnis - Hockey Alberta Regional Manager

- Hockey Alberta - Regional Manager (Edmonton & Surrounding)
- Hockey Canada - Intro to Hockey Master Messenger
- Hockey Canada - Certified Skill Instructor
- NHLPA Learn to Play - Lead Instructor (Edmonton Oilers)
- Oilers Hockey Institute - Program Instructor
- Chilliwack Chiefs (BCHL) - Alberta Scout (2017 - 18 National Champions)
- Team Alberta U16 Alberta Cup - Head Coach & Camp Coach (2011 - 2014)
- Hockey Parent
- Norcan Hockey Development - Owner
- Elite Ice Hockey Analysis (YouTube & Instagram) - Creator
- Former Midget AAA & Junior A Player (1993 - 1998)

