

TRYOUT SCHEDULE - GIRLS PROGRAM

Location	ABR	Address	Instructions
E.S.C Franco Cité (Ottawa General Hospital Campus)	FC	623 Smyth Road, Ottawa, ON K1G 1N7	New facility - back of school Please enter by the side door closest to Montreal Road. The custodians will lock the door after 7PM to prevent vandalism to the school. PLEASE do not prop the door open.
C.C. Samuel Genest (Montreal Road and Eastern Parkway)	SG	704 Carsons Road, Ottawa, ON K1K 2H3	
St. Patrick Catholic High School	STP	2525 Alta Vista Drive, Ottawa, ON K1V 7T3	
E.S.P. Louis Riel (Blackburn Hamlet)	LR	1655 Bearbrook Road, Gloucester, ON K1B 4N3	

Please note the following:

1. We strongly recommend that all athletes register on line prior to attending the tryouts. Registrations will be taken at the door however the fee will be \$40 with proceeds going to our tryout charity of choice.

2. For the weekday sessions we ask that all athletes be at the facility 30 minutes prior to the start of the session to ensure that we are able to start on time.

Example:

a. 6:30 PM start we ask that athletes arrive at the facility by 6:00 PM.

b. 8:15 PM start we ask that the athletes arrive at the facility by 7:45 PM BUT don't interfere or interrupt the session before their session.

12U/13U Girls				
Activity	Date	Time	Location	Attendees
Registration	10-sept.-16	11:00 - 11:30 AM	FC	All athletes
Physical Assessment	10-sept.-16	11:30 - 1:00 PM	FC	All athletes
Skills Testing	10-sept.-16	1:00 - 2:30 PM	FC	All athletes
Team Skills I	11-sept.-16	10:30 - 12:00 PM	SG	All athletes
Team Skills II	13-sept.-16	6:30 - 8:15 PM	SG	All athletes
Team Skills III	15-sept.-16	6:30 - 8:15 PM	STP	All athletes

14U Girls				
Activity	Date	Time	Location	Attendees
Registration	10-sept.-16	11:00 - 11:30 AM	FC	All athletes
Skills Testing	10-sept.-16	11:30 - 1:00 PM	FC	All athletes
Physical Assessment	10-sept.-16	1:00 - 2:30 PM	FC	All athletes
Team Skills I	11-sept.-16	2:30 - 4:00PM	FC	All athletes
pre-HP I	13-sept.-16	6:30 - 8:15 PM	FC	Selected to continue in pre-HP stream
Comp I	13-sept.-16	6:30 - 8:15 PM	FC	Selected to continue in Comp stream
pre-HP II	17-sept.-16	8:30 - 10:30 AM	FC	Selected to continue in pre-HP stream
Comp II	15-sept.-16	7:00 - 9:00 PM	LR	Selected to continue in Comp stream
Comp III	21-sept.-16	6:30 - 8:15 PM	LR	Selected to continue in Comp stream

15U Girls				
Activity	Date	Time	Location	Attendees
Registration	9-sept.-16	6:00-6:30 PM	FC	All athletes
Physical Assessment	9-sept.-16	6:30-10:00 PM	FC	All athletes
Skills Testing	9-sept.-16	6:30-10:00 PM	FC	All athletes
Team Skills I	13-sept.-16	8:15 - 10:00 PM	FC	All athletes
HP I	14-sept.-16	6:30-8:15 PM	FC	Selected to continue in HP stream
Comp I	14-sept.-16	6:30-8:15 PM	FC	Selected to continue in Comp stream
HP II	17-sept.-16	8:30-10:30 AM	FC	Selected to continue in HP stream
Comp II	17-sept.-16	4:00 - 5:30 PM	FC	Selected to continue in Comp stream
Comp III	21-sept.-16	7:00 - 9:00 PM	SG	Selected to continue in Comp stream

16U Girls

Activity	Date	Time	Location	Attendees
Registration	10-sept.-16	7:45-8:30 AM	FC	All athletes
Skills Testing	10-sept.-16	8:30 - 11:30 AM	FC	All athletes
Physical Assessment	10-sept.-16	8:30 - 11:30 AM	FC	All athletes
Team Skills I	11-sept.-16	4:00 - 5:30 PM	FC	All athletes
HP I	14-sept.-16	8:15 - 10:00 PM	FC	Selected to continue in HP stream
Comp I	14-sept.-16	8:15 - 10:00 PM	FC	Selected to continue in Comp stream
HP II	17-sept.-16	10:30 - 12:30 PM	FC	Selected to continue in HP stream
Comp II	15-sept.-16	8:15 - 10:00 PM	STP	Selected to continue in Comp stream
Comp III	20-sept.-16	7:30 - 9:30 PM	LR	Selected to continue in Comp stream
Comp IIII	21-sept.-16	8:15 - 10:00 PM	LR	Selected to continue in Comp stream

17U Girls

Activity	Date	Time	Location	Attendees
Registration	10-sept.-16	2:00 - 2:30 PM	FC	All athletes
Skills Testing		NOT APPLICABLE	FC	All athletes
Physical Assessment	10-sept.-16	2:30 - 4:00 PM	FC	All athletes
Team Skills I	10-sept.-16	4:00 - 5:30 PM	FC	All athletes
Team Skills II	11-sept.-16	10:30 - 12:00 PM	STP	Athletes selected to continue
Team Skills (COMP) III	15-sept.-16	6:30 - 8:15 PM	SG	Athletes selected to continue
Team Skills (HP) III	17-sept.-16	12:30 - 2:30 PM	FC	Athletes selected to continue

18U Girls

Activity	Date	Time	Location	Attendees
Registration	10-sept.-16	2:00 - 2:30 PM	FC	All athletes
Skills Testing		NOT APPLICABLE	FC	All athletes
Physical Assessment	10-sept.-16	2:30 - 4:00 PM	FC	All athletes
Team Skills I	10-sept.-16	4:00 - 5:30 PM	FC	All athletes
Team Skills II	11-sept.-16	12:00 - 1:30 PM	STP	Athletes selected to continue
Team Skills (COMP) III	15-sept.-16	6:30 - 8:15 PM	SG	Athletes selected to continue
Team Skills (HP) III	17-sept.-16	12:30 - 2:30 PM	FC	Athletes selected to continue