

MTK Conditioning/Tryouts 2025

| Team | Session   | Date    | Time        | Location                    | Notes |
|------|-----------|---------|-------------|-----------------------------|-------|
| U10  | Fit Night | Sept 22 | 5:00-6:00pm | Almonte Curling Rink Lounge |       |
| U11  |           | Sept 22 | 6:30-7:00pm |                             |       |
| U12  |           | Sept 22 | 7:00-7:30pm |                             |       |
| U13  |           | Sept 22 | 7:30-8:00pm |                             |       |
| U14  |           | Sept 22 | 8:00-8:30pm |                             |       |
| U15  |           | Sept 22 | 6:00-6:30pm |                             |       |
| U16  |           | Sept 22 | 8:30-9:00pm |                             |       |

|               |         |                |         |              |                        |  |
|---------------|---------|----------------|---------|--------------|------------------------|--|
| U10, U11      | Tryouts | Goalie Session | Sept 9  | 7:30-9:00pm  | Carleton Place Arena 2 |  |
| U14, U15, U16 |         | Goalie Session | Sept 9  | 9:00-10:30pm | Carleton Place Arena 2 |  |
| U12, U13      |         | Goalie Session | Sept 15 | 7:30-9:30pm  | Carleton Place Arena 2 |  |

|     |              |   |         |              |                        |                                    |
|-----|--------------|---|---------|--------------|------------------------|------------------------------------|
| U10 | Conditioning | 1 | Sept 3  | 5:00-6:00pm  | Carleton Place Arena 1 |                                    |
|     |              | 2 | Sept 6  | 7:00-8:30am  | Carleton Place Arena 2 |                                    |
|     |              | 3 | Sept 7  | 4:00-5:00pm  | Carleton Place Arena 1 |                                    |
|     |              | 4 | Sept 8  | 6:30-7:30pm  | Pakenham               |                                    |
|     |              |   |         |              |                        |                                    |
|     | Tryouts      | 1 | Sept 13 | 8:00-9:00am  | Pakenham               | Group 1 - Player: A-K; Goalie: A-C |
|     |              | 1 | Sept 13 | 9:00-10:00am | Pakenham               | Group 2 - Player: L-Z; Goalie: D-Z |
|     |              | 2 | Sept 14 | 8:00-9:00am  | Pakenham               | Group 2 - Player: L-Z; Goalie: D-Z |
|     |              | 2 | Sept 14 | 9:00-10:00am | Pakenham               | Group 1 - Player: A-K; Goalie: A-C |
|     |              | 3 | Sept 16 | 7:00-8:00pm  | Pakenham               | Intersquad Scrimmage               |
|     |              | 4 | Sept 17 | 5:00-6:00pm  | Carleton Place Arena 1 | Intersquad Scrimmage               |
|     |              | 5 | Sept 20 | 9:00-10:00am | Pakenham               | Exhibition Game - West Carleton    |

|     |              |   |         |               |                        |                                    |
|-----|--------------|---|---------|---------------|------------------------|------------------------------------|
| U11 | Conditioning | 1 | Sept 3  | 6:00-7:00pm   | Carleton Place Arena 1 |                                    |
|     |              | 2 | Sept 6  | 11:30-12:30pm | Carleton Place Arena 2 |                                    |
|     |              | 3 | Sept 8  | 5:30-6:30pm   | Pakenham               |                                    |
|     |              | 4 | Sept 10 | 5:00-6:00pm   | Carleton Place Arena 1 |                                    |
|     |              |   |         |               |                        |                                    |
|     | Tryouts      | 1 | Sept 13 | 10:00-11:00am | Pakenham               | Group 1 - Player: A-F; Goalie: A-R |
|     |              | 1 | Sept 13 | 11:00-12:00pm | Pakenham               | Group 2 - Player: G-Z; Goalie: S-Z |
|     |              | 2 | Sept 14 | 10:00-11:00am | Pakenham               | Group 2 - Player: G-Z; Goalie: S-Z |
|     |              | 2 | Sept 14 | 11:00-12:00pm | Pakenham               | Group 1 - Player: A-F; Goalie: A-R |
|     |              | 3 | Sept 16 | 6:00-7:00pm   | Pakenham               | Intersquad Scrimmage               |
|     |              | 4 | Sept 19 | 4:30-5:30pm   | Carleton Place Arena 1 | Intersquad Scrimmage               |
|     |              | 5 | Sept 20 | 10:00-11:00am | Pakenham               | Exhibition Game - Osgoode          |

|     |              |   |         |               |                        |                           |
|-----|--------------|---|---------|---------------|------------------------|---------------------------|
| U12 | Conditioning | 1 | Sept 6  | 10:30-11:30am | Carleton Place Arena 2 |                           |
|     |              | 2 | Sept 8  | 7:30-8:30pm   | Carleton Place Arena 2 |                           |
|     |              | 3 | Sept 10 | 6:00-7:00pm   | Carleton Place Arena 1 |                           |
|     |              | 4 | Sept 12 | 4:30-5:30pm   | Carleton Place Arena 1 |                           |
|     |              |   |         |               |                        |                           |
|     | Tryouts      | 1 | Sept 13 | 12:00-1:00pm  | Pakenham               |                           |
|     |              | 2 | Sept 14 | 12:00-1:00pm  | Pakenham               |                           |
|     |              | 3 | Sept 17 | 6:00-7:00pm   | Carleton Place Arena 1 | Intersquad Scrimmage      |
|     |              | 4 | Sept 20 | 11:00-12:00pm | Pakenham               | Exhibition Game - Osgoode |
|     |              |   |         |               |                        |                           |

|     |              |                |              |                        |                           |                                     |
|-----|--------------|----------------|--------------|------------------------|---------------------------|-------------------------------------|
| U13 | Conditioning | 1              | Sept 3       | 8:00-9:00pm            | Carleton Place Arena 1    |                                     |
|     |              | 2              | Sept 5       | 4:30-5:30pm            | Carleton Place Arena 1    |                                     |
|     |              | 3              | Sept 7       | 5:00-6:00pm            | Carleton Place Arena 1    |                                     |
|     |              | 4              | Sept 8       | 7:30-8:30pm            | Pakenham                  |                                     |
|     |              |                |              |                        |                           |                                     |
|     | Tryouts      | 1              | Sept 10      | 5:30-6:30pm            | Pakenham                  | Group 1 - Player: A-G; Goalie: A-B  |
|     |              | 1              | Sept 10      | 6:30-7:30pm            | Pakenham                  | Group 2 - Player: H-Z; Goalie: C-Z  |
|     |              | 2              | Sept 12      | 5:00-6:00pm            | Pakenham                  | Group 2 - Player: H-Z; Goalie: C-Z  |
|     |              | 2              | Sept 12      | 6:00-7:00pm            | Pakenham                  | Group 1 - Player: A-G; Goalie: A-B  |
|     |              | 3              | Sept 16      | 8:00-9:00pm            | Pakenham                  | Intersquad Scrimmage                |
| 4   |              | Sept 17        | 8:00-9:00pm  | Carleton Place Arena 1 | Exhibition Game - Kanata  |                                     |
|     |              |                |              |                        |                           |                                     |
| U14 | Conditioning | Hitting Clinic | Sept 1       | 7:30-8:30pm            | Carleton Place Arena 2    | Last name: A to L                   |
|     |              | Hitting Clinic | Sept 1       | 8:30-9:30pm            | Carleton Place Arena 2    | Last name: M to Z                   |
|     |              | 1              | Sept 2       | 7:30-9:00pm            | Carleton Place Arena 2    |                                     |
|     |              | 2              | Sept 4       | 7:00-8:30pm            | Beckwith                  |                                     |
|     |              | 3              | Sept 8       | 8:30-9:30pm            | Carleton Place Arena 2    |                                     |
|     |              | 4              | Sept 10      | 8:00-9:00pm            | Carleton Place Arena 1    |                                     |
|     |              |                |              |                        |                           |                                     |
|     | Tryouts      | 1              | Sept 13      | 1:00-2:00pm            | Pakenham                  | Group 1 - Players: A-L; Goalie: A-E |
|     |              | 1              | Sept 13      | 2:00-3:00pm            | Pakenham                  | Group 2 - Players: M-Z; Goalie: F-Z |
|     |              | 2              | Sept 14      | 1:00-2:00pm            | Pakenham                  | Group 2 - Players: M-Z; Goalie: F-Z |
|     |              | 2              | Sept 14      | 2:00-3:00pm            | Pakenham                  | Group 1 - Players: A-L; Goalie: A-E |
|     |              | Hitting Clinic | Sept 15      | 6:00-7:00pm            | Pakenham                  |                                     |
|     |              | 3              | Sept 16      | 7:30-9:00pm            | Carleton Place Arena 2    | Intersquad Scrimmage                |
|     |              | 4              | Sept 18      | 7:30-9:00pm            | Pakenham                  | Exhibition Game - Osgoode           |
|     |              |                |              |                        |                           |                                     |
| U15 | Conditioning | 1              | Sept 2       | 9:00-10:30pm           | Carleton Place Arena 2    |                                     |
|     |              | 2              | Sept 6       | 12:30-1:30pm           | Carleton Place Arena 2    |                                     |
|     |              | 3              | Sept 8       | 8:30-10:00pm           | Pakenham                  |                                     |
|     |              | 4              | Sept 10      | 9:00-10:00pm           | Pakenham                  |                                     |
|     |              |                |              |                        |                           |                                     |
|     | Tryouts      | 1              | Sept 13      | 3:00-4:00pm            | Pakenham                  |                                     |
|     |              | 2              | Sept 14      | 3:00-4:00pm            | Pakenham                  |                                     |
|     |              | 3              | Sept 16      | 9:00-10:30pm           | Carleton Place Arena 2    | Intersquad Scrimmage                |
| 4   |              | Sept 18        | 9:00-10:30pm | Pakenham               | Exhibition Game - Osgoode |                                     |
|     |              |                |              |                        |                           |                                     |
| U16 | Conditioning | 1              | Sept 3       | 9:00-10:30pm           | Carleton Place Arena 1    |                                     |
|     |              | 2              | Sept 7       | 6:00-7:00pm            | Carleton Place Arena 1    |                                     |
|     |              |                |              |                        |                           |                                     |
|     | Tryouts      | 1              | Sept 10      | 7:30-9:00pm            | Pakenham                  |                                     |
|     |              | 2              | Sept 11      | 7:00-8:30pm            | Beckwith                  | Exhibition Game - Castor River      |
|     |              | 3              | Sept 12      | 6:00-7:30pm            | Kinburn                   | Exhibition Game - West Carleton     |
|     |              | 4              | Sept 15      | 7:00-8:30pm            | Pakenham                  | Exhibition Game - West Carleton     |
|     |              | 5              | Sept 16      | 8:30-10:00pm           | Tony Graham Rec Pad A     | Exhibition Game - Kanata            |
|     |              |                |              |                        |                           |                                     |
| U18 | Conditioning | 1              | Sept 10      | 9:00-10:30pm           | Carleton Place Arena 1    |                                     |
|     |              | 2              | Sept 15      | 8:30-10:00pm           | Pakenham                  |                                     |
|     |              | 3              | Sept 22      | 8:30-9:30pm            | Carleton Place Arena 2    |                                     |
|     |              |                |              |                        |                           |                                     |
|     | Tryouts      | 1              | Sept 29      | 7:30-9:00pm            | Almonte                   |                                     |
|     |              | 2              | Oct 2        | 7:00-8:30pm            | Beckwith                  | Exhibition Game - Stittsville       |
|     |              | 3              | Oct 5        | 6:30-8:00pm            | Kinburn                   | Exhibition Game - West Carleton     |
|     |              | 4              | Oct 6        | 7:30-9:00pm            | Almonte                   | Exhibition Game - Perth             |
|     |              | 5              | Oct 8        | 9:00-10:30pm           | Carleton Place Arena 1    | Exhibition Game - West Carleton     |