

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 - West Carleton

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 - TBD
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 - West Carleton
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 - TBD
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 - TBD
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 - TBD
		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	
	Tryouts	1	TBD			Starting after Sept 25