



Leeds Minor Hockey Association

POLICY NAME:	PRESKATE SESSIONS
POLICY NUMBER:	P03
DATE CREATED:	January 29, 2019
DATE FOR REVIEW:	January 29, 2020
DATE APPROVED:	

POLICY

Each season LMHA will host pre-skate sessions (formerly known as conditioning camp) which will focus on skating, and conditioning players for upcoming evaluations. Ice times will consist of high tempo and high flow drills to keep the skaters engaged and moving and will focus on the drills that the players will be tested on during evaluations and will follow [HEO Pre-tryout Session](#) guidelines based on level. Pre-skate sessions are organized and hosted in accordance with HEO pathways policies.

PROCEDURE

Pre-skates sessions are to be scheduled during the weeks preceding team selection.

On ice facilitators will be selected and approved by the Coach Mentor, Player Development, President, and Vice President.

The Level Convenor oversees the pre-skate process for their respective level.

Pre-skate sessions are made available for all players.

Pre-skate session fees reviewed annually by the Executive Committee.