



Midget U-16 / U18 Training - Scrimmage

With Danny Lorenz

Wednesday Nights in June: 2, 9, 16, 23 & 30

6:30pm – 8:00pm

\$15.00 per session drop in[^]

\$62.25 per month paid in advance

(Goalies 1/2 price, must sign up in advance- limited to 4)

- Limited to high level Midget / Junior players: '95 & older*
- Space is limited to 30 players and 4 goalies
- Controlled 60 minute scrimmage to ensure a fast paced game
(bring one light and one dark colored jersey)
- Skills and Conditioning Drills to augment other training
- Penalty shots awarded in lieu of penalty time
- Includes 45 minute off-ice work-out in Kent's Performance Centre (8:15-9:00pm)

[^] With limited enrollment, drop-in may not be available

*Special requests considered for under age players (send request via email to danny@kentvalleyicecentre.com)