



Midget Tier Skate



**California Stars Offseason Workouts**

**Coach Rob O'Rourke  
Coach Chris Annunziato  
Coach Josh Newton**

**Body checking**

**Puck Possession**

**Explosive Starts**

**Shooting**

**Power Skating**

**Stick Handling**

**Balance/Body Contact**

**Passing**

**\*\*\*\*GET YOUR GAME TO THE NEXT LEVEL\*\*\*\***

**Tuesday's mostly flow drills: 8:30pm-9:30pm**

**Saturday's will be Scrimmages 8:30pm-9:30pm**

**Ages 1995-1992 birth years (Tier level players)**

**Dates : April 6,10,13,17,20,24,27 May 1,4,8,11,15,18,22,25,29**

Pre-registration total 15 skates \$300.00

please make checks to California Stars

All pre registrations need to be received by March 18<sup>th</sup>

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Name\_\_\_\_\_

Team\_\_\_\_\_ D/O/B\_\_\_\_\_

Method of payment\_\_\_\_\_