

# 2023 MHS Hockey Summer Information

## On Ice Information

- Skates at Hartland Ice Arena on June 19, 26, July 10, 17, 24, and 31 at 8:00pm. 4D training will be running the practices.
- June 23rd, 24th and 25th we will play in a tournament in Fraser.

## Off Ice Information

- Starting the week of June 19, Strength Training Monday and Wednesdays 9:00am to 10:30am at STS
- Starting the week of June 19, Speed and Agility Training Tuesday and Thursdays 12:00pm to 1:15pm at STS
- Starting the week of June 19, Mobility & Stretching Fridays 10:30am to 11:30am at STS

## Off Ice Information for Incoming Freshman | All-Sports

Incoming Freshmen have their own time slots so they can learn appropriate techniques and learn to lift safely! See the attachment for details.

- Starting the week of June 19, Strength Training Monday through Thursday 10:30am to 11:45am at STS
- Starting the week of June 19, Mobility & Stretching Fridays 10:30am to 11:30am at STS