



U7 START UP AND U9-U11 PATHWAYS Program 2024-2025
SOUTH STORMONT MINOR HOCKEY SEASON

All players registered for the U9 and U11 programs can participate in the 4 pre-season skates. These are not evaluated, they are simply to guide the players through some pre-season skills and skates. Please follow your time slots based on the last names.

U7 New Registrants	Saturday, September 21 Sunday, September 22 Saturday, September 28 Sunday, September 29	9:30-10:30 a.m. 1:00- 2:00 p.m. 8:30-9:30 a.m. 8:30-9:30 a.m.
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U7 Returning players	Saturday, September 21 Sunday, September 22 Saturday, September 28 Sunday, September 29	8:30-9:30 a.m. 2:00-3:00 p.m.. 7:30-8:30 a.m 7:30- 8:30 a.m.
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U9 Last names A-L	Saturday, September 14 Sunday, September 15 Thursday, September 19 Saturday, September 21	8:00-9:00 a.m. 8:00-9:00 a.m.. 6:00-7:00 p.m. 10:30-11:30 a.m.
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U9 Last names M-Z	Saturday, September 14 Sunday, September 15 Thursday, September 9 Saturday, September 21	9:00-10:00 a.m. 9:00-10:00 a.m. 7:00-8:00 p.m. 11:30-12:30 a.m.
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U11 Last names A-K	Saturday, September 14 Sunday, September 15 Wednesday, September 18 Saturday, September 21	10:00-11:00 a.m. 11:30-12:30 a.m. 6:00-7:00 p.m. 12:30-1:30 p.m.
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U11 Last names L-Z	Saturday, September 14 Sunday, September 15 Wednesday, September 18 Saturday, September 21	11:00-12:00 a.m. 12:30-1:30 p.m 7:00-8:00 p.m. 1:30-2:30 p.m.
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Please come to these sessions with your full gear:
 -Helmet, skates, neck guard, hockey pants, gloves, chest protector, shin pads, elbow pads, jock or jill, practice jersey and socks, and a stick.