



# 2018 - 2019 Tryouts

## DEVELOPMENTAL TEAMS BEGINNER & PRELIMINARY

### Shooting Stars: Beginner & Prelim

Must have PASSED Pre-Freeskate.  
Attendance at the skills & drills is optional, but encouraged. The placement is required.  
One fee for all: \$30

#### Thursday, March 22

Hayden Rink, Lexington  
Arrive by 5:00 PM

On-ice skills & drills: 5:30 - 6:30 PM

#### Thursday, March 29

Hayden Rink, Lexington  
Arrive at 5:00 PM

On-ice placement: 5:30 - 6:30 PM  
Parent meeting: TBD

### Shooting Stars: Pre-Juvenile

Must have PASSED Preliminary MIF.  
Attendance at the skills & drills is highly recommended. The placement is required.

#### Wednesday, March 14

Hayden Rink, Lexington  
Arrive at 5:00 PM

On-ice skills & drills: 5:30 - 6:45 PM  
Off-ice fitness eval after until 7:30 PM

#### Wednesday, March 28

Hayden Rink, Lexington  
Arrive at 4:00 PM

On-ice placement: 4:40 - 6:45 PM  
Parent meeting: TBD

## NATIONAL TEAMS SENIOR & JUNIOR

### Haydenettes & Lexettes

Attendance both days is required.  
One fee for both sessions: \$150

#### Saturday, March 24

NESC, Marlborough  
Arrive by 12:30 PM

On-ice skills & drills: 1:10 - 3:00 PM  
On-ice includes a cardio fitness eval  
Off-ice fitness eval after until 4:30 PM

#### Sunday, March 25

Hayden Rink, Lexington  
Arrive by 1:30 PM

Tryouts: 2:10 - 4:20 PM  
Parent meeting: TBD

## NATIONAL TEAMS JUVENILE

### Mini Mates

Attendance both days is required.  
One fee for all: \$60

#### Thursday, March 15

Hayden Rink, Lexington  
Arrive by: 5:00 PM

On-ice skills & drills: 5:30 - 6:30 PM

#### Wednesday, March 21

Hayden Rink, Lexington  
Arrive by: 4:00 PM

Tryouts: 4:40 - 6:45 PM  
Off-ice fitness eval after until 7:30 PM  
Parent meeting: TBD

## NATIONAL TEAMS NOVICE & INTERMEDIATE

### Ice Mates, Star Mates

Attendance both days is required  
One fee for both sessions: \$75

#### Saturday, March 24

NESC, Marlborough  
Arrive by 11:00 AM

On-ice skills & drills: 11:40 - 1:00 PM  
Off-ice fitness eval after until 2:30 PM

#### Sunday, March 25

Hayden Rink, Lexington  
Arrive by 4:00 PM

Tryouts: 4:30 - 6:35 PM  
Parent meeting: TBD

## RINK LOCATIONS

**Hayden Rink:** 10 Lincoln St, Lexington  
**NESC:** 121 Donald Lynch Blvd,  
Marlborough

## QUESTIONS?

**Email:** [skatewithus@haydensynchro.org](mailto:skatewithus@haydensynchro.org)  
**Visit:** [www.haydensynchro.org](http://www.haydensynchro.org)



Strength and Beauty In Motion