



Tri-City Eagles

18U/16U Off Ice Testing

2022-23

16U and 18U Youth Travel Tryouts will include an off-ice testing component using the following schedule (subject to change).

<u>DATE</u>	<u>DAY</u>	<u>RINK</u>	<u>START</u>	<u>END</u>	<u>PROGRAM</u>
4/23	SATURDAY	OFF ICE	10:00 AM	11:00 AM	16U GROUP 1
4/23	SATURDAY	OFF ICE	11:10 AM	12:10 PM	16U GROUP 2

<u>DATE</u>	<u>DAY</u>	<u>RINK</u>	<u>START</u>	<u>END</u>	<u>PROGRAM</u>
4/24	SUNDAY	OFF ICE	11:00 AM	12:00 PM	18U

The following tests will be conducted:

- 80 Yard Straight Line Dash
- [40 Yard Pro-Agility](#) (10-20-10)
- Max Push Ups in 60 seconds
- [300 Yard Shuttle](#) (25 yards x 12)
 - Completed twice
 - Three minute rest between sets