

Female Hockey Day

Open to U11-U18 players (birth years 2014-2006)

*****UPDATE***** We have opened up a half day registration for U7 & U9 divisions to participate in ball hockey & yoga portion of the day

July 18, 2023, location: Gary Moe Sportsplex Lacombe
Hosted by the Central Alberta Warriors (LMHA, BMHA & PMHA)



9:30am - 9:45am - Arrival

10:00am - 11:00am, Dryland with Crystal Watson

11:00am - 11:45am, sit & chat with former players

11:45am - 12:30pm, Lunch

12:30pm - 1:15pm, Ball hockey with Reanna Jordan & Robyn Arnold

1:15pm - 2:00pm, Yoga with Shannon Bruns



[Registration Form](#)

Registration Required!

Questions - contact Robbin at cawhockey1@gmail.com