



Rep Tryout Criteria

Compete Consistently & Play Connected

Compete Level

Persistent work ethic with and without the puck.

Constantly working on offence and defence. Hard player to play against. Relentless during puck battles and makes plays that benefit the team. Consistent work ethic throughout the game or practice.

Attitude & Body Language

Positive attitude and confident approach. Body language that gives positive energy. Respond productively to mistakes or tough breaks by you and your teammates. Follows directions accurately. Coachable team player who is accountable to their actions. Player comes to the rink prepared with a high attention to detail. Respectful of opponents, teammates, coaches, officials and facilities.

Hockey Sense

Communicates, can read and react off teammates, demonstrates awareness both offensively and defensively. Scanning the ice to pull in information. Recognize patterns within the game to anticipate the movement of your teammates and opponents. Accurate decision making to influence the game with or without the puck.

Skill Level

Skating: Speed, power, edges, transitions, agility, quick feet.
Puck Skills: Passing, puck handling, shooting