



Cadillac Area Hockey Association

WARM-UP WEEK



September 24th - 30th

CAHA is excited to announce the first ever Warm-up Week!
Open to skaters 10U (Squirts) - 16U (Midgets) in the 2017/2018 season.

This incredible new offering will be a fun, fast paced, skills driven chance for skaters to hit the ice and knock the rust off for the upcoming season. The week will include a skate with former Red Wing and Stanley Cup Champion, Dallas Drake, as well as off-ice training with Ferris State University's strength and conditioning coach, Dave Cencer, not to mention an end of the week scrimmage!!

Sunday Night Skate - Monday to Friday Squirt/Pee wee @ 6pm & Bantam/Midget @ 7:30pm - Saturday Scrimmage

**Over 9 hours of ice, Dryland Training,
and tons of fun for only \$40**

Register online at CadillacHockey.com by **Monday, September 18, 2017**



Cadillac Area Hockey Association

FRIDAY NIGHT SKILLS



November 17th - February 16th

CAHA is excited to announce the first ever Friday Skills Nights!
Open to any CAHA skaters 10U (Squirts) - 14U (Bantam)

This program will focus on extra skills development !!
(power skating, stick handling, etc)

It will also include dryland training, drop-in hockey, and sticks and pucks. Skills and dryland session will run a ½ hour with drop-in following. Stick and pucks before certain Varsity games is included, so stay and cheer on the Vikings!!

13 Friday's throughout the season - Including: 5 skills, 7 Drop-in's, 3 Dryland's, and 4 Sticks & Pucks

**13 ½ hours of ice, Dryland Training,
and tons of fun for only \$75**

Register online at CadillacHockey.com by **Wednesday, November 1, 2017**

WARM-UP WEEK

September 24th - 30th

Sunday 24-Sep Cross-ice	Monday 25-Sep Power Skating	Tuesday 26-Sep Passing/Shooting	Wednesday 27-Sep Skill Stations	Thursday 28-Sep Drake Skate	Friday 29-Sep Small-Area	Saturday 30-Sep Scrimmage
6:00 PM Everyone	Monday - Friday 10U/12U on ice at 6:00 pm Monday - Friday 14U/16U on ice at 7:30 pm			10U/12U Dryland 14U/16U Dryland	Tues./Thurs. at 7:30pm Tues./Thurs. at 6:30pm	

FRIDAY NIGHT SKILLS

Skills or Dryland 6:00pm to 6:30pm * Drop-in 6:30pm to 7:30pm * Sticks & Pucks 5:30pm to 6:30pm
Schedule will be as follows

- 11/17 – Skills and Drop-in
- 11/24 – Skills and Drop-in
- 12/1 – Sticks and Pucks, CHS vs. Alpena
- 12/8 – Dryland, CHS vs. Livonia
- 12/15 – Sticks and Pucks, CHS vs. Riverview
- 12/22 – Skills and Drop-in
- 12/29 – Dryland and Drop-in
- 1/12 – Sticks and Pucks, CHS vs. Petoskey
- 1/19 – Skills and Drop-in
- 1/26 – Dryland and Drop-in
- 2/2 – Sticks and Pucks, CHS vs. Mattawan
- 2/16 – Skills and Drop-in