



## **LI Mustangs 2026-2027 8U Program Information**

- Tryout dates: March 4th & March 6th.
- For 2018 & 2019 birth years.
- Spring & summer training: 1x per week dryland training at roller hockey rinks (Southampton, Hampton Bays or Moriches). Rotating weeknight evenings. May - September. 2x per month on-ice practice (Freeport, Bethpage, etc). Weekends only. May - September.
- Dryland training continues through October.
- Games can begin mid September.
- Team practice 2x per week beginning late October at Southampton Ice Rink (Monday & Wednesday 5:45PM). Half team practice 1x per week (Thursday 5:45PM). Players average 2.5 practices per week on-ice.
- Beginning late October home game slots are Saturday's 10:45AM. That slot is used for an additional practice 1x per month.
- Team attends two tournaments.
- Team will have 2-3 skills coaches at all practices. 1x per week skating coach. 2x per month goalie coach.
- Other: Team building events, video training, skill specific training.
- Individual player development is the biggest focus.
- Tuition approximately \$1300-\$1500 for season.
- Season blackout dates: Labor Day Weekend, Columbus Day Weekend, Thanksgiving Weekend, Christmas/New Year school break. February school break.