



GIRLSONLY

TRYOUT PREP SEMINAR: CONTROL WHAT YOU CAN CONTROL

Tryouts can feel stressful, but the best way to stand out is to focus on what you can control. Join Emma Campbell, Captain of the Western Women's Hockey Team, for a girls-only seminar on preparation, confidence, mindset, and the habits that coaches notice most.

- Preparation
- Confidence Under Pressure
- Q&A / Player Talk
- Habits to Separate at Tryouts
- Focus on The Controllable Factors

FREE

**SCAN TO
SIGN-UP TODAY:**



SATURDAY
04/18/2026



TIME
2015-18: 10-11 PM
2011-14: 11-12 PM



Emma Campbell

Captain, Western Women's Hockey



1211 Hyde Park Road

REGISTER NOW ➔



www.info@snipeacaemy.com



519-204-7900