ELITE DIAMOND HOCKEY
OFF-ICE TRAINING · GARLAND ENTERPRISES

FOR HOCKEY PARENTS · EVERY LEVEL

Rising Stars · Champions in the Making · Champions Academy

THE HOCKEY PARENT'S SEASON GUIDE

Tryouts, gear, game days, the car ride home and the budget. A practical playbook for first and second-year hockey families.

- Season timeline, month by month
- Gear fit, drying and sharpening
- Talking with coaches, with a template
- Tryout prep and handling results
- Printable bag and game-day checklists
- Budget, calendar and carpool sheets

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Printable PDF · Letter size

THE HOCKEY PARENT'S SEASON GUIDE

WHAT'S INSIDE

Read it once start to finish, then print the checklists and worksheets (marked Printable) and keep them in the car or on the fridge.

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TRYOUTS

GETTING READY FOR TRYOUTS

You can't change a player's skill level in a week, but you can make sure they show up rested, ready and relaxed.

2 TO 4 WEEKS BEFORE

- Get on the ice a few times if possible, so the first skate isn't the tryout.
- Check skates: fit, sharpening and blade condition. Never sharpen for the first time the night before.
- Try on all gear. Replace anything too small now, not the night before.
- Keep up light off-ice work: quick feet, stickhandling, balance.

THE WEEK OF TRYOUTS

- Normal routines. No new foods, no new gear, no cramming.
- Protect sleep. This matters more than any extra practice.
- Pack the bag the night before (Bag Checklist page).
- Talk about effort, not results: "Work hard, have fun, be a good teammate."

TRYOUT DAY

WHEN	DO THIS
Morning	A normal breakfast, water through the day. Nothing heavy or new.
2 to 3 hours before	A meal they know sits well. Small snack 30 to 60 minutes before if hungry.
Arrive	30 to 45 minutes early. Check-in, find the room, no rushing.
Before the ice	A few minutes of easy movement: jog, leg swings, skater hops.
On the ice	Go hard on every drill, skate to every station, listen and help teammates.
After	Snack, water, and no player rating in the car. Ask what they enjoyed.

Things evaluators commonly look at: effort, skating, compete level, coachability and how a player responds to mistakes. A player can control all of those except skating, and that one is built over seasons, not days.

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PRINTABLE

GAME-DAY CHECKLIST

A calm game day starts the night before. Tick it off as you go.

THE NIGHT BEFORE

- [ ] Bag packed and checked
- [ ] Jersey color confirmed
- [ ] Rink address and arrival time saved
- [ ] Water bottle in the fridge
- [ ] Bedtime on time

GAME MORNING

- [ ] Normal breakfast
- [ ] Water through the morning
- [ ] Meal 2 to 3 hours before the game
- [ ] Leave time for traffic and parking

AT THE RINK

- [ ] Arrive at the time the coach asks
- [ ] Small snack if it's been a while since the meal
- [ ] Easy warm-up (5 minutes)
- [ ] Water bottle filled
- [ ] Parent: find a seat, cheer for everyone

AFTER THE GAME

- [ ] Water and a snack within the hour
- [ ] Gear out of the bag at home
- [ ] Skates dried, soakers on
- [ ] Real meal and an early night
- [ ] Car ride: use the talk tips page

IN THE STANDS

Cheer for good plays on both teams. Leave the coaching to the coaches and the calls to the officials. Your player can hear you, and so can everyone else's kids.

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