



Hello,

On behalf of the LGHA Executive, welcome to the 2024/25 tryouts!

With ice times starting later this week, here are a few friendly reminders:

- arrive early for each session to sign in, pick up your player passport card and your scrimmage vest (it needs to be returned each day)
- bring a water bottle and a hair elastic (if applicable)
- bring your PTT if you are coming from a girls hockey association other than Lynx
- **each player must attend Tier 1 tryouts** unless they have been previously approved for a Tier 1 exemption – See QR link below (**exemption window closed on April 27**)
- **each player must attend ALL tryouts unless they are released**; if something unexpected comes up you MUST email the coach, the President and the OWHA rep ASAP to determine if your player will remain eligible--please refer to our **tryout policy** – See QR link below.

Tryouts can be stressful for everyone involved...from players and parents, to coaches and tryout personnel. Please be supportive, positive and patient with all.

If you have any questions, please first [review the Lynx tryout policy](#) and if you still have questions, or concerns, please talk with the tryout director for the age group (see below); or our President, Grant Dafoe, who will be on site as often as possible during the tryouts...

Please do not approach the coach or any of the evaluators.

U11: Lee Anne Grof - U13: Christine Clayton - U15: Pippa Stephenson - U18: Kellie Hayman

Thank you and good luck!

Tryout Policy



Tier 1 Exemption



Tryout Schedule



Tryout RESULTS

