



### **NL Storm Tryout and Season Information**

Youth players of all skill levels who are between the ages of 14 and 18 as of Dec. 31, 2024 are eligible to try out. There is no experience level necessary to try out, and there is no fee associated with tryouts. Bring a friend!

Storm's open and women's teams aim to compete at the 2024 Junior Canadian Ultimate Championships in Ottawa, On in August. Official dates are August 11th-14th

Registrants will be considered registered once they have completed the registration form and submitted a headshot photo to [storm@ultimatenl.ca](mailto:storm@ultimatenl.ca).

[2024 Storm Tryout Registration](#)

#### **Tryout times and locations:**

##### Women's Team:

Tuesdays, 8:30-9:30

March 5th, March 12th, March 19th

Techniplex, St. John's

##### Open Team:

Tuesdays, 8:30-9:30

February 27th, March 12th, March 19th

Techniplex, St. John's

#### **Prospective Practice Schedule:**

- Indoor practice schedule is NOT the same for both teams. PLEASE READ CAREFULLY!

Tuesday - March 26th - Both teams	Techniplex	8:30-9:30pm
Tuesday - April 2nd - Both teams	Techniplex	8:30-9:30pm
Tuesday - April 9th- Women	Techniplex	8:30-9:30pm
Thursday - April 11th - Open	Techniplex	6:00-7:00pm
Tuesday - April 16th - Women	Techniplex	8:30-9:30pm
Thursday - April 18th - Open	Techniplex	6:00-7:00pm
Tuesday - April 23rd - Women	Techniplex	8:30-9:30pm
Thursday - April 25th - Open	Techniplex	6:00-7:00pm
Tuesday - April 30th - Women	Techniplex	8:30-9:30pm
Wednesday - May 1st- Both	Techniplex	6:00-7:30pm
Wednesday - May 8th- Both	Techniplex	6:00-7:30pm
Wednesday - May 15th- Both	Techniplex	6:00-7:30pm
Wednesday - May 22nd - Both	Techniplex	6:00-7:30pm
Wednesday - May 29th- Both	Techniplex	6:00-7:30pm
Wednesday - June 5th- Both	Techniplex	6:00-7:30pm

- There will be a team strength and conditioning component for 12 weeks between April and June according to the following schedules:
  - Open Team - Mondays 8:00-8:45pm - April 8th- June 24th- NLSC/ Swilers Club Gym
  - Women's team - Thursdays 8:15-9:00pm - April 11th- June 28th
- Outdoor practices will be twice a week starting in early June and ending after the national championships in August.

- Open team outdoor practices -
  - Sundays Bowring Park - June 9th- August 4th, 3:00-5:00 pm.- Jamie Morry soccer field
  - Wednesdays Southlands - June 12th- August 7th, 5:30pm-7:30pm - Southlands Community Centre
- Women's team outdoor practices
  - Sundays Bowring Park - June 10th- August 6th, 12:00-2:00 pm.- Jamie Morry soccer field
  - Wednesdays Bowring Park - June 7th-August 9th - 4:30-6:00
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Questions may be directed to David Whitney-Brown, Storm director, at [storm@ultimatenl.ca](mailto:storm@ultimatenl.ca)