

# COACHES' SCHEDULE

## FRIDAY MAY 26TH, 2017

5:30-6:00pm	Registration	Holiday Inn Salon	Bring cash/cheques (if you didn't pay via PayPal).
6:00-7:30pm	Academy and Racing to Red Deer Kick-Off Party	Holiday Inn Salon	Join Chris and the Academy Year 3 Service Providers to learn more about these projects. There will be prizes!! Dress casually.

## SATURDAY MAY 27TH, 2017

8:30-9:00am	Registration	McArthur Island Park Meeting Room	Bring cash/cheques (if you didn't pay via PayPal).
9:00-11:00am	Practical Periodization	McArthur Island Park Meeting Room	Take your theoretical knowledge and learn how to apply it to build a speed skating training program. Eric will walk you through ideas for all levels of performance skaters.
11:00-11:45am	A Day in the Life	McArthur Island Park Meeting Room	Join Eric and Maggie to learn about a typical day in the life of a skater training at the Calgary Olympic Oval.
11:45am-2:30pm	Lunch and Festivities	McArthur Island Park Lounge	A catered lunch will be provided, with entertainment from a Fireside Chat, Awards Presentation and a Special Announcement.
2:30-4:45pm	AGM Activities	McArthur Island Park Lounge	Join the AGM delegates for Committee Reports and more.
6:30-9:00pm	Banquet	McArthur Island Park Lounge	A catered dinner will be provided for those who purchased tickets in advance. Dress to impress!

## SUNDAY MAY 28TH, 2017

8:30-9:00am	AGM Check-in	McArthur Island Park Lounge	Check-in for the AGM proper.
9:00-11:00am	AGM Activities	McArthur Island Park Lounge	Join the AGM delegates for Staff Reports, Transition Planning and more. Refreshments will be served during the break.
11:00am-1:00pm	AGM Proper	McArthur Island Park Lounge	Participate in the AGM proper.