

SKATER'S SCHEDULE

FRIDAY MAY 26TH, 2017

5:30-6:00pm	Registration	Holiday Inn Salon	Bring cash/cheques (if you didn't pay via PayPal) and a signed waiver (if you didn't already email it in).
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 and travel	McArthur Island Park Meeting Room	Bring cash/cheques (if you didn't pay via PayPal) and a signed waiver (if you didn't already email it in). We will be walking to the S&C session <u>before</u> 9:00am.
9:00-11:00am	S&C: Squat, Lunge and Bend	Stride Sport & Performance Gym and McArthur Island Park Soccer Field #9	Skaters will be divided into two groups. Each group will do 1 hour of S&C and 1 hour of training with Maggie. Bring training clothes and a water bottle.
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.
2:30-4:00pm	Bands and Basic	McArthur Island Park Soccer Field #9	Come prepared for this outdoor dryland workout. Skaters will do imitations and use bands under the supervision of Eric and Maggie.
4:00-4:45pm	Video Review	McArthur Island Park Meeting Room	Eric, Maggie and Jessica will review videos of the skaters' sessions from earlier today in small groups.
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

8:30-11:30am	Sweat	McArthur Island Park Soccer Field #8	Come prepared for this outdoor workout. Skaters will do a workout under the supervision of Eric and Maggie, then divide into "Team Eric" vs. "Team Maggie" for a friendly soccer game. Bring water bottles and a snack.
11:30am-1:00pm	Equipment Checks	McArthur Island Park Meeting Room	Eric and Maggie will be available to assess skaters' skates and make suggestions for changes. No changes will be made to equipment today.