

September 8 & 9 Seminar

Saturday, September 8

		Jeff	Signe	Kim	Susie	Skate Ontario
		Figure Skating - CFSC Rink	Fitness - AC	Sports Psychology Board Room 1	Ballet Studio	*Upstairs room
Start Time	End Time					
8:00	8:30	Welcome				
8:30	9:20	Group 1			Group 3	
9:30	10:20	Group 2	Group 1			
10:30	11:20	Group 3	Group 2	Group 1		Parents
11:30	12:30	Lunch				
12:30	1:20	Group 1	Group 3			
1:30	2:20	Group 2			Group 1	
2:30	3:20	Group 3			Group 2	
3:30	4:30	All: Group 1,2,3 Performances				

Legend		
Group 3	(High)	2Lo to 2A + Triple
Group 2	(Medium)	1A, 2T, 2S
Group 1	(Low)	1Lo, 1F, 1Lz

Sunday, September 9

		Jeff	Peter
		Figure Skating - CFSC Rink	Nutrition - AC
Start Time	End Time		
8:00	8:50		Group 3
9:00	9:50	Group 1	Group 2
10:00	10:50	Group 2	Group 1
11:00	11:50	Group 3	
12:00	1:00	Pictures/ wrap up farewell	