

Group 4 - Saturday, April 11			
Time	Location	Class Type	Instructor
8:45-9:20 am	Lobby	Registration	
9:30 - 10:30 am	Multipurpose Room	Sport Psychology	Dr. Judy Goss
10 min			
10:40 - 11:40 am	CFSC	On Ice Choreography & Spins	Jeffrey Buttle
10 min			
11:50 am - 12:50 pm	Room 202	Stretch & Movement	Danielle Morris
12:50 - 2:00 pm	Lunch		
2:00 - 2:30 pm	TRR (4A) / Studio (4B)	Off Ice Jump Techniques	TBD/Sylvie DeCaen
2:30 - 3:00 pm	TRR (4B) / Studio (4A)		TBD/Sylvie DeCaen
10 min			
3:10 - 4:10 pm	Multipurpose Room	Nutrition	Blueprint Nutrition
10 min			
4:20 - 5:20 pm	Optimist Rink	On Ice Jump Techniques	Keegan Murphy
End of Day 1	Have a good night!		

Group 4 - Sunday, April 12			
Time	Location	Class Type	Instructor
8:45- 9:20 am	Lobby	Registration	
9:30 - 10:30 am	Pillers Rink	On Ice Choreography & Spins	Jeffrey Buttle
10 min			
10:40 - 11:40 am	Multipurpose Room	Education from an Official's POV	Reaghan Fortin
10 min			
11:50 am - 12:50 pm	Room 202	Stretch & Movement	Danielle Morris
12:50 - 1:10 pm	Quick Lunch		
1:10 - 1:40 pm	TRR (4A) / Studio (4B)	Off Ice Jump Techniques	TBD/Sylvie DeCaen
1:40 - 2:10 pm	TRR (4B) / Studio (4A)		TBD/Sylvie DeCaen
10 min			
2:20 - 3:20 pm	CFSC	On Ice Jump Techniques	Keegan Murphy
End of Seminar	Thank you for joining us!		