

**Excel Schedule**

<b>Time</b>	<b>Topic</b>	<b>Instructor</b>	<b>Location</b>
<b>Friday, June 20</b>			
1:00 - 2:00pm	Off Ice   Flowcode Mental Training & Welcome	Dr. Rick Sessinghaus	Online
2:00 - 2:30pm	Check-In		KCI Lobby
2:45 - 3:45pm	On Ice   Evaluation/Small Groups	Chad, Heather, Natalie, Kellie	Rink 3
3:45 - 4:45pm	On Ice   Jumps	Scott, Darin, Sofia	Rink 1
5:00 - 5:45pm	Off Ice   Pilates	Stephanie	Multipurpose Room
<b>Saturday, June 21</b>			
8:15 - 9:15am	On Ice   Jumps	Scott, Sofia, Natalie	Rink 2
9:45 - 10:30am	Off Ice   Dynamic Warm Up	Kellie, Heather	Vestibule
10:45 - 11:45am	On Ice   Spins	Natalie, Kellie, Heather, Julie	Rink 2
1:00 - 2:00pm	Off Ice   Flowcode Mental Training	Dr. Rick Sessinghaus	Online
2:15 - 3:15pm	On Ice   Edges & Stroking	Ikaika	Rink 2
3:30 - 4:20pm	Off Ice   Dance	Matreya	Multipurpose Room
4:45 - 5:45pm	On Ice   Team Building	Heather, Natalie, Bella	Rink 1
<b>Sunday, June 22</b>			
8:45 - 9:45am	On Ice   Creative & Power	Kalina, Ellen	Rink 3
10:00 - 11:30am	On Ice   Jumps & Spins	Scott, Sofia, Natalie, Kellie	Rink 3
12:45 - 1:15	Off Ice   Competition Focus	Heather	Anchor Room
1:30 - 2:00	Off Ice   Nutrition	Candace	Anchor Room
2:15 - 3:30pm	On Ice   All Skater Group Photo & Fun Skate		Rink 1