

Senior Schedule

Time	Topic	Instructor	Location
Friday, June 20			
1:00 - 2:00pm	Off Ice Flowcode Mental Training & Welcome	Dr. Rick Sessinghaus	Online
2:00 - 2:30pm	Check-In		KCI Lobby
2:45 - 3:30pm	Off Ice Dynamic Warm Up	Darin	Multipurpose Room
4:00 - 5:00pm	On Ice Evaluation/Small Groups	Chad, Heather, Natalie, Kellie	Rink 3
6:15 - 7:15pm	On Ice Jumps	Scott	
Saturday, June 21			
8:00 - 9:00am	On Ice Edges & Stroking	Ikaika	Rink 3
9:15 - 10:15am	On Ice Jumps	Darin	Rink 1
11:00 - 11:45am	Off Ice Pilates	Stephanie	Multipurpose Room
1:00 - 2:00pm	Off Ice Flowcode Mental Training	Dr. Rick Sessinghaus	Online
2:15 - 3:15pm	Off Ice Dynamic Warm Up	Kellie	Vestibule
3:30 - 4:30pm	On Ice Jumps & Spins	Scott, Sofia	Rink 1
4:45 - 5:45pm	On Ice Team Building	Chad, Sofia, Kellie	Rink 3
Sunday, June 22			
8:15 - 9:45am	On Ice Jumps & Spins	Scott, Sofia, Natalie, Kellie	Rink 1
10:00 - 11:00am	On Ice Creative & Power	Kalina, Ellen	Rink 1
11:15 - 12:05pm	Off Ice Dance	Matreya	Multipurpose Room
1:30 - 2:00	Off Ice Nutrition	Candica	Anchor Room
2:15 - 3:30 (2:40) Photo	On Ice All Skater Group Photo & Fun Skate		Rink 1