

## Junior Schedule

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