

Friday, June 20th					
	Starbucks Rink 1	VMFH Rink 3	MPR	Vestibule	
1:00 PM	Dr. Rick Sessinghaus Flowcode Mental Training and Welcome All Skaters (Virtual)				1:00 PM
1:15 PM					1:15 PM
1:30 PM					1:30 PM
1:45 PM					1:45 PM
2:00 PM	Check-In (Lobby)				2:00 PM
2:15 PM					2:15 PM
2:30 PM		ice cut			2:30 PM
2:45 PM		Aspire & Excel	Senior & Junior		2:45 PM
3:00 PM		Evaluation / Small Groups	Off-Ice Dynamic Warm-Up		3:00 PM
3:15 PM			Darin Hosier		3:15 PM
3:30 PM	ice cut				3:30 PM
3:45 PM	Excel	ice cut			3:45 PM
4:00 PM	Jumps	Junior & Senior	Aspire		4:00 PM
4:15 PM	Coaches: Scott Davis	Evaluation Small Groups	Off Ice Pilates		4:15 PM
4:30 PM	Darin Hosier / Sofia Inthalaksa		Instructor: Stephanie Davis		4:30 PM
4:45 PM	ice cut				4:45 PM
5:00 PM	Junior	ice cut			5:00 PM
5:15 PM	Jumps	Aspire	Excel	Adult	5:15 PM
5:30 PM	Coaches: Scott Davis	Jumps	Off Ice Pilates	Off Ice Dynamic Warm-Up	5:30 PM
5:45 PM	Darin Hosier / Sofia Inthalaksa	Instructors: Chad Goodwin / Brock Huddleston	Instructor: Stephanie Davis	Natalie Thompson	5:45 PM
6:00 PM	ice cut	Heather Collick / Kellie McNulty			6:00 PM
6:15 PM	Senior	ice cut			6:15 PM
6:30 PM	Jumps	Adult			6:30 PM
6:45 PM	Coaches: Scott Davis	Edges Stroking			6:45 PM
7:00 PM	Darin Hosier / Sofia Inthalaksa				7:00 PM
7:15 PM	ice cut	Instructor: Ikaika Young			7:15 PM
7:30 PM	Adult	ice cut			7:30 PM
7:45 PM	Jumps Skating Skills				7:45 PM
8:00 PM	Instructor: Scott Davis / Darin Hosier				8:00 PM
8:15 PM	Natalie Thompson / Kellie McNulty				8:15 PM
8:30 PM	ice cut				8:30 PM
8:45 PM					8:45 PM
9:00 PM					9:00 PM
9:15 PM					9:15 PM
9:30 PM					9:30 PM
9:45 PM					9:45 PM