

July 18-22, 2011

Grande Prairie, AB – Coca Cola Centre

Progression: Regular /Advanced

Power Skating 8 – 9:15AM
Dryland 9:30 – 10:30AM
Lunch/Lecture 10:45 – 11:30PM
On Ice Session 12:00 – 1:30PM
Pick Up 1:45PM

Progression: Elite

Lecture 8:15 – 9AM
Power Skating 9:30 – 11AM
Dryland 11:15 – 12:45PM
Lunch 12:45 – 1:15PM
On Ice Session 1:45 – 3:30PM
Cool Down 3:45 – 4:00PM

July 25-29, 2011

Kelowna, BC – Royal Lepage Place

Progression: Regular /Advanced

Power Skating 9-10:15AM
Dryland 10:30-11:30AM
Lecture/Video 11:45AM-12:30PM
Lunch 12:30-12:45PM
On Ice Session 1:15-2:45PM

Progression: Elite

Power Skating 10:30AM-12PM
Snack 12-12:15PM
Dryland 12:15-1:30PM
Lecture/Video 1:45-2:15PM
Lunch 2:15-2:30PM
On Ice Session 3-4:30PM
Cool Down 4:45-5PM

August 2-5, 2011

Edmonton, AB – Terwillegar Rec Ctr

Progression: Advanced

Power Skating 9-10:15AM
Dry Land 10:30-11:30AM
Lecture 11:45-12:15PM
Lunch 12:15-12:45PM
On-Ice Skills 1:30-3PM

Progression: Elite Young

Lecture and Video 8:15 – 9AM
Power Skating 10:30AM-12PM
Dryland 12:15-1:15PM
Lunch 1:15-1:45PM
Lecture/Video 1:45-2:45PM
On Ice Skills 3:15-4:45PM
Cool Down/Stretch 5-5:15PM

August 8-12, 2011

Red Deer, AB – Penhold Regional Multiplex

Progression: Regular /Advanced

Power Skating 8 – 9:15AM

Dryland 9:30 – 10:45AM
Lunch/Lecture 11:00 – 11:30PM
On Ice Session 12:00 – 1:30PM

Progression: Elite

Lecture 8 – 8:45AM
Power Skating 9:30 – 11AM
Dryland 11:15 – 12:45PM
Lunch 12:45 – 1:15PM
On Ice Session 1:45 – 3:15PM
Cool Down 3:30 – 4:00PM

August 15-19, 2010

Leduc, AB – Leduc Rec Ctr

Progression: Elite Old

Power Skating 8-9:30AM
Lecture, Video and Snack 9:45-10:45AM
Dryland 10:45AM-12PM
Lunch 12-12:20PM
On Ice Skills 1-2:30PM
Cool Down 2:45-3PM

Progression: Elite Prospect

Morning Ice Session 9:45-11:15AM
Recovery/Refuel 11:15AM-12PM
Dryland 12-1PM
Lunch 1-1:30PM
Lecture/Video 1:30-2:15PM
On Ice Skills 2:45-4:30PM
Cool Down 4:45-5PM

August 22-26, 2011

Edmonton, AB – Kenilworth Arena

Progression: Regular

Power Skating 8:30-9:30AM
Dryland 9:45-10:45AM
Lunch 10:45-11:30AM
On Ice Skill Session 12:15-1:30PM

Progression: Intermediate

Power Skating 9:45-10:45AM
Dryland 11AM – 12PM
Lunch/Video 12 – 1PM
On Ice Skill Session 1:45-3PM

August 30 – Sept 2, 2011

Edmonton, AB – Callingwood Arena

Progression: Open

On Ice 11AM-12PM

Progression: 1 on 1's

Session #1 12-12:30PM
Session #2 12:30-1PM