



BACK ON THE ICE TRAINING AND DEVELOPMENT CAMP
Sunday 5th July at Canterbury Olympic Ice Rink
From 3.30 pm to 7 pm

	<i>Higher Level Group</i>	<i>Lower Levels Group</i>
15:30	<i>Registration at COIR – Welcome</i>	<i>Registration at COIR - Welcome</i>
16:00	<i>Off Ice Session - One</i>	<i>On Ice Session One (Skating Skills)</i>
16:30	<i>60 minutes (Strengthening / Core Stability)</i>	<i>On Ice Session Two (Jumps)</i>
17:00	<i>Off Ice Session – Two – 30minutes (Flexibility)</i>	<i>On Ice Session Three (Spins)</i>
	<i>Ice Resurface at 17:15</i>	
17:30	<i>On Ice Session One (Skating Skills)</i>	<i>Off Ice Session - One</i>
18:00	<i>On Ice Session Two (Jumps)</i>	<i>60 minutes (Strengthening / Core Stability)</i>
18:30	<i>On Ice Session Three (Spins)</i>	<i>Off Ice Session – Two – 30minutes (Flexibility)</i>
19:00	<i>Wrap up and Sign Out</i>	<i>Wrap up and Sign Out</i>

