

Placement of skaters is subject to Director approval / Schedule subject to change.

Junior: Must have approval from EESC Coaching Staff

<u>Thursday July 2</u>	<u>Friday July 3</u>	<u>Monday July 6</u>	<u>Tuesday July 7</u>
2:45-3:15 Off Ice Warm up 3:30-4:15 Free Skate 4:15-4:30 Group Development	2:45-3:15 Off Ice Warm up 3:30-4:15 Free Skate 4:15-4:30 Group Development	3:45-4:15 Off Ice Warm up 4:30-5:15 Free Skate 5:15-5:30 Group Development	3:45-4:15 Off Ice Warm up 4:30-5:15 Free Skate 5:15-5:30 Group Development

Intermediate B: (Must have passed Star 3 and Under 19PTS / or over 19pts and choosing modified Intermediate schedule)

<u>Thursday July 2</u>	<u>Friday July 3</u>	<u>Monday July 6</u>	<u>Tuesday July 7</u>
2:45-3:15 Independent Warm Up 3:30-4:15 Free Skate 4:15-4:30 Group Development	2:45-3:15 Independent Warm Up 3:30-4:15 Free Skate 4:15-4:30 Group Development	2:15-2:30 Independent Warm Up 2:30-3:15 Off Ice Core 3:30-4:15 Free Skate 4:30-5:15 Free Skate 5:15-5:30 Group Development	2:30-2:45 Independent Warm Up 2:45-3:15 Off Ice Jump Technique 3:30-4:15 Free Skate 4:30-5:15 Free Skate 5:15-5:30 Group Development

Intermediate A: (Must have passed Star 5 and over 19PTS)

<u>Thursday July 2</u>	<u>Friday July 3</u>	<u>Monday July 6</u>	<u>Tuesday July 7</u>
12:00-12:30 Independent Warm Up 12:45-1:45 Free Skate 2:00-2:45 Free Skate 2:45-3:15 Group Development	12:00-12:30 Independent Warm Up 12:45-1:45 Free Skate 2:00-2:45 Free Skate 2:45-3:15 Group Development	11:30-11:45 Independent Warm Up 11:45-12:30 Off Ice Core 12:45-1:45 Free Skate 2:00-2:45 Free Skate 2:45-3:15 Group Development	11:45-12:00 Independent Warm Up 12:00-12:30 Off Ice Jump Technique 12:45-1:45 Free Skate 2:00-2:45 Free Skate 2:45-3:15 Group Development

Senior: (Star 8- Gold / Juvenile - Senior)

<u>Thursday July 2</u>	<u>Friday July 3</u>	<u>Monday July 6</u>	<u>Tuesday July 7</u>
9:00-9:30 Independent Warm Up 9:45-10:45 Free Skate 11:00-12:00 Free Skate 12:00-12:30 Group Development	9:00-9:30 Independent Warm Up 9:45-10:45 Free Skate 11:00-12:00 Free Skate 12:00-12:30 Group Development	9:00-9:30 Independent Warm Up 9:45-10:45 Free Skate 11:00-12:00 Free Skate 12:00-12:30 Group Development 12:45-1:30 Off Ice Core	8:45-9:00 Independent Warm Up 9:00-9:30 Off Ice Jump Technique 9:45-10:45 Free Skate 11:00-12:00 Free Skate 12:00-12:30 Group Development