

**CLUB DAY 2017**

**St. Margaret’s Centre, 12 Westwood Blvd, Tantallon**

**September 23rd, 2017**

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| Schedule | |
| 9:00 am  to  12:00 pm | STAR 1-5 ON ICE SESSION  **Sample STAR 1-5 Session**  9:00 – 9:20 am: Warm up Class (Highway lanes)  9:20 – 9:40 am: Jump Development Class (Continuous Lanes)  9:40 – 10:10 am: Open Session (with some assessments and stations)  10:10 am: FLOOD (ice resurfaced)  **Monica to connect with Volunteers for a quick debrief of on ice session**  10:30 am: Power Class (full ice)  10:45 am: Creative Movement Class (Highway lanes)  11:00 am: Cool Down/Field Move Class  **(end of sample session)**  11:10 am: Standards & Assessments  11:50 am: Finish |
| 12:00 – 1:00 pm | LUNCH |
| 1:00 pm | **STAR 1-5 Overview & On ice Debrief**   * Philosophy, rationale, strategies * Practical Scheduling & Training Schedules * Assessment Procedures and Processes |
| 2:30 pm | BREAK |
| 2:45 pm | Active for Life & Synchronized Skating |
| 3:15 pm | Club Governance and Structure |
| 4:00 pm | Finish |