



## Kickstart Week Information:

Figure 8 Skating Club is pleased to offer the Kickstart week once again this season! Skaters will enjoy fun filled and educational sessions with guest coaches, as well as members of our own coaching team!

Each session is open to all IFS and Private skaters, regardless of which days your skater is registered for. We encourage all skaters to attend each day, and every session! :) Did we mention that the Kickstart week is FREE for all Figure 8 Club members?!

There will be two Parent Talks led by Ashlee Roger (our skating director) to go over topics such as the Star Program (testing/ competing), Skating Disciplines (skills, dance, freeskate, interpretive), Equipment, Nutrition, and more! If there is something particular you would like to know, she will also be answering questions at the end.

Skaters need to come prepared with yoga mats, water, running shoes, and of course, skating attire (skates, gloves, warm up jacket, etc.)

If you have any further questions regarding the Kickstart week, please email at [info@figure8skating.ca](mailto:info@figure8skating.ca).

**When:** Sept 5/7/9

**Where:** Kenilworth Arena

**Cost:** FREE



## Kickstart Week 2017

### A/B/C SKATERS

Time	Tuesday Sept. 5th
3:45pm-4:15pm	On Ice Warm Up (Independent)
4:15pm-5:15pm	(GUEST COACH)
5:15-5:25pm	BREAK
5:25-6:10pm	Off Ice w/Leanne (GUEST TRAINER)

Time	Thursday Sept. 7th	Time	Thursday (Parents)
3:45pm-4:00pm	On Ice Warm Up (Independent)		
4:00pm-4:30pm	Creative Jump/Spin entries w/Ashlee		
4:30pm-5:00pm	Figures w/Jen		
5:00-5:15pm	Power Stroking w/Carey	5:00-5:45pm	Parent Talk w/Ashlee
5:15-5:25pm	BREAK		
5:25-6:10pm	Dance w/Peyton (off ice)		

Time	Saturday Sept.9th	Time	Saturday (Parents)
11:30-12:30	Open Practice		
12:15-12:30	FLOOD		
12:45-2:45	Artistry w/Leonard and Antoinette (GUEST COACHES)	12:45-1:30pm	Parent Talk w/Ashlee
3:00-3:30	OFF ICE (ALL LEVELS) WITH LEONARD AND ANTOINETTE		



## Kickstart Week 2017

### IFS AND 'D' SKATERS

Time	Tuesday Sept. 5th
5:15-6:15PM	Edges w/Ceclia (GUEST COACH)
6:15-6:20PM	BREAK
6:20-6:50PM	Off Ice w/Leanne (GUEST TRAINER)

Time	Thursday Sept. 7th	Time	Thursday (Parents)
5:15-5:30pm	Independent Warm Up	5:00-5:45pm	Parent Talk w/Ashlee
5:30-6:00pm	Intro to Program Components and GOE w/Carey		
6:00-6:15pm	Figure Form w/Jen		
6:15-6:20	BREAK		
6:20-6:50pm	Off Ice Dance w/ Peyton		

Time	Saturday Sept. 9th	Time	Saturday (Parents)
11:30-12:30	Open Practice		
12:15-12:30	FLOOD		
12:45-2:45	Artistry w/ Leonard and Antoinette (GUEST COACHES)	12:45-1:30pm	Parent Talk w/ Ashlee
3:00-3:30	OFF ICE (ALL LEVELS) WITH LEONARD AND ANTOINETTE		