

MIND
OVER

MATTER



ONWARDS & UPWARDS
STRIVE FOR EXCELLENCE!
CREATE YOUR OPPORTUNITIES

CLINIC

September 2nd 2014
Elksentre Arena

SkatePrinceGeorge.Com

**Centre Members: Seminar fee of \$25 to attend and is included in fall package prices.
Non-Members: \$35 fee due at time of registration.**

Jr/Int: 11am-6:30pm (2h on-ice, 2h off-ice)
Int/Sr: 10am-6:30pm (1.75h on-ice, 2h off-ice)

10:00	11:00	Int/Sr Transitions, Solo Jumps, Spins w Transitions	On-Ice
11:00	12:00	Jr/Int Transitions, Solo Jumps, Spins w Transitions	On-Ice
12:00	12:15	FLOOD	
12:15	1:15	Int/Sr Combo Jumps, Timed Jumps	On-Ice
1:15	2:00	Jr/Int Combo Jumps, Timed Jumps	On-Ice
2:30	3:30	Jr/Int/Sr Athlete Nutrition Session	North Edge
3:30	4:30	Parent Nutrition Session	North Edge

Registration Contact:

Tammy Brown
registrar@skateprincegeorge.com
250-962-1993

Registration Deadline:

12:00pm August 30th
Bring: skates, training binder, lunch
and water.

PRESENTED/SPONSORED BY:



SPECIAL GUEST:

Sports Nutrition with
Dietitian Elaine Paetkau

