



HIGH PERFORMANCE SEMINAR

Dear Parents and Skaters:

The Guelph Figure Skating Club is very pleased to welcome you to the Aleksei Mishin High Performance Seminar. This is an amazing opportunity for skaters to learn and train with an Elite International and Olympic Coach alongside some of his elite skaters.

Enclosed is your skater's Seminar Schedule specific to their assigned group to help in preparation for the seminar this coming Friday May 6th and Saturday May 7th. Included are some of the general rules and guidelines for skaters and parents to ensure that the seminar maximizes the experience for your skater and that sessions run smoothly and efficiently.

Please contact the Guelph Figure Skating Club (gpsc.membership@gmail.com) if you have any questions regarding the seminar schedule.

Sincerely

The Guelph Figure Skating Club



HIGH PERFORMANCE SEMINAR

SKATER SCHEDULE GROUP 2 – FRIDAY MAY 6TH

| TIME | ACTIVITY | LOCATION | COMMENTS |
|-------------------------|--------------------------------|------------------------------|---|
| 8:00 – 8:30 AM | REGISTRATION | FRONT LOBBY | GUELPH GRYPHON CENTRE – SIGN IN |
| 8:30 – 8:50 AM | OFF ICE WARM UP | UPPER LEVEL GOLD RINK | |
| 8:50 – 9:00 AM | SKATES ON | DRESSING ROOM 8 | |
| 9:00 – 9:50 AM | ON ICE SESSION | GOLD RINK | |
| 9:50 – 10:00 AM | SKATES OFF | DRESSING ROOM 8 | FLOOD |
| 10:00 – 10:30 AM | OFF ICE COOL DOWN | UPPER LEVEL GOLD RINK | |
| 10:30 – 11:00- AM | BREAK | | AT 10:45 PLEASE CONVENE AT THE REGISTRATION DESK TO BE TAKEN TO THE NEXT SESSION |
| 11:00 – 11:50 AM | OFF ICE FITNESS SESSION | STUDIO ROOM 302 | ACROSS FROM ARENA - ATHLETIC BUILDING |
| 12:00 – 12:45 PM | LUNCH BREAK | GRYPHON RESTAURANT | UPPER LEVEL GOLD RINK – SKATERS ONLY |
| 12:45 – 1:30 PM | BREAK | | |
| 1:30 – 1:50 PM | OFF ICE WARM UP | UPPER LEVEL GOLD RINK | |
| 1:50 – 2:00 PM | SKATES ON | DRESSING ROOM 8 | |
| 2:00 – 2:50 PM | ON ICE SESSION | GOLD RINK | |
| 2:50 – 3:00 PM | SKATES OFF | DRESSING ROOM 8 | |
| 3:00 – 3:30 PM | OFF ICE COOL DOWN | UPPER LEVEL GOLD RINK | |
| 3:30 PM | SESSIONS COMPLETE | | PLEASE GO TO REGISTRATION DESK FOR PARENT PICK UP – SIGN OUT |



HIGH PERFORMANCE SEMINAR

SKATER SCHEDULE GROUP 2 – SATURDAY MAY 7TH

| TIME | ACTIVITY | LOCATION | COMMENTS |
|-------------------------|--------------------------------|------------------------------|---|
| 8:00 – 8:30 AM | REGISTRATION | FRONT LOBBY | GUELPH GRYPHON CENTRE – SIGN IN |
| 8:30 – 8:50 AM | OFF ICE WARM UP | UPPER LEVEL GOLD RINK | |
| 8:50 – 9:00 AM | SKATES ON | DRESSING ROOM 8 | |
| 9:00 – 9:50 AM | ON ICE SESSION | GOLD RINK | |
| 9:50 – 10:00 AM | SKATES OFF | DRESSING ROOM 8 | FLOOD |
| 10:00 – 10:30 AM | OFF ICE COOL DOWN | UPPER LEVEL GOLD RINK | |
| 10:30 – 11:00- AM | BREAK | | AT 10:45 PLEASE CONVENE AT THE REGISTRATION DESK TO BE TAKEN TO THE NEXT SESSION |
| 11:00 – 11:50 AM | OFF ICE FITNESS SESSION | STUDIO ROOM 302 | ACROSS FROM ARENA - ATHLETIC BUILDING |
| 12:00 – 12:45 PM | LUNCH BREAK | GRYPHON RESTAURANT | UPPER LEVEL GOLD RINK – SKATERS ONLY |
| 12:45 – 1:30 PM | BREAK | | |
| 1:30 – 1:50 PM | OFF ICE WARM UP | UPPER LEVEL GOLD RINK | |
| 1:50 – 2:00 PM | SKATES ON | DRESSING ROOM 8 | |
| 2:00 – 2:50 PM | ON ICE SESSION | GOLD RINK | |
| 2:50 – 3:00 PM | SKATES OFF | DRESSING ROOM 8 | |
| 3:00 – 3:30 PM | OFF ICE COOL DOWN | UPPER LEVEL GOLD RINK | |
| 3:30 PM | SESSIONS COMPLETE | | PLEASE GO TO REGISTRATION DESK FOR PARENT PICK UP – SIGN OUT |



GENERAL RULES AND GUIDELINES

- **Lunch is included in registration fee for skaters. Please send snacks and water with your skater.**
- Parents are not permitted in the dressing rooms, Gryphon Restaurant, warm up/cool down area or fitness room.
- Skaters please bring running shoes, yoga mat, jump rope and appropriate clothing for both on and off ice sessions.
- If parents are required to put skates on for their child this can be done in the front lobby area. If a parent is not staying please identify if you require your skater to have assistance and we will make arrangements to assist with their skates.
- Parents are welcome to sit in the stands or visit some of Guelph's restaurants and malls. The Stone Road Mall is only a few blocks west of the Arena on Stone Road.
- Parking on Friday must be in the **metered** parking areas. The University does ticket/tow vehicles not in designated areas.
- It is mandatory for skaters to follow the schedule provided, be organized and ready for **ALL** sessions.