SKATECANADA
GUELPH FIGURE SKATING CLUB

HIGH PERFORMANCE SEMINAR

Dear Coach:

The Guelph Figure Skating Club is very pleased to welcome you to the Aleksei Mishin High Performance Seminar. This is an amazing opportunity for you to learn from International and Olympic Coach Aleksei Mishin and see training/ development through some of his elite skaters.

Enclosed is the seminar schedule for this coming Sunday May 8, 2016.

Please contact the Guelph Figure Skating Club if you have any questions regarding the seminar schedule.

Sincerely

The Guelph Figure Skating Club

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SUNDAY MAY 8, 2016

TIME	ACTIVITY	LOCATION	COMMENTS
7:30 – 8:00 AM	REGISTRATION	FRONT LOBBY	GUELPH GRYPHON CENTRE
8:00 – 8:20 AM	**OFF ICE WARM UP**	**UPPER LEVEL GOLD RINK**	
8:20 – 8:30 AM	SKATES ON	AVAILABLE DRESSING ROOMS 7, 8, 3, 4	
8:30 – 10:30 AM	**ON ICE SESSION**	**GOLD RINK**	
10:30 – 11:00 AM	SKATES OFF/ BREAK		
11:00 – 12:00 PM	**OFF ICE EDUCATION SESSION**	**STUDIO ROOM 302**	
12:00 PM	END OF SEMINAR THANK YOU FOR COMING		