

# Killarney Axle Seminar

## Schedule

TIME	ON-ICE			
8:15	8:15-9:00	8:15-9:00		
8:30	A AND B	A AND B		
8:45	Stroking	Stroking		<b>OFF-ICE</b>
9:00	9:00-10:00			9:10-10:00
9:15	GROUP A			GROUP B
9:30	Axles			Dance
9:45				Rink Lobby
10:00	Clean - 15 min			
10:15	10:15 - 11:15			10:15-11:15
10:30	GROUP B			GROUP A
10:45	Axles			Dance
11:00				Rink Lobby
11:15	Break		Lunch B	11:15-11:40
11:30	11:30 - 12:15			11:40-12:00
11:45	GROUP A			Dryland B
12:00	Spins			
12:15	12:15-1:00		Lunch A	12:15-12:40
12:30	GROUP B			12:40-1:00
12:45	Spins			Dryland A
1:00	Clean - 15 min			
1:15	1:15-2:05			1:15-2:00
1:30	GROUP A			GROUP B
1:45	Jumps			Maki
2:00				Rink Side
2:15	2:15-3:00			2:15-3:00
2:30	GROUP B			GROUP A
2:45	Jumps			Maki
3:00				Rink Side

Group A - Senior      Group B - Junior

### Notes for Skaters

- Please wear running shoes.
- Please ensure to pack a healthy lunch and snacks throughout the day.
- Please check in 15 mins prior to the start of your session in the rink lobby.
- Be on time for all sessions.
- Please make sure you come looking competition ready, hair neatly tied back, athletic/fitted clothing.