

Glengarry SC Summer 2019 Schedule (as of May 15, 2019)

All sessions to be held at McLaren Park Arena

COMPETITIVESkate, STARSkate & STAR Academy; Tuesday, July 2 – Friday, August 9

Ice for SSSS competitors; Monday, August 12 - Wednesday, August 14

No ice; Monday, August 5 (BC Day)

GSC Summer Test Day & Competition Simulation; Saturday, August 10 (9:00am-1:00pm)

GSC Summer Team BBQ; Saturday, August 10 (2:00pm-4:00pm at Skaha Lake Park)

BC/YK Super Series SummerSkate Competition (COMPETITIVESkate & STARSkate); Thursday, August 15 – Sunday, August 18 (Burnaby, BC)

*** - Snacks and meals are not provided. Skaters must bring their own. Please be respectful of food allergies that others may have.**

*** Groupings are based on the following:**

Star Academy; must have completed Stage 3 of CanSkate, and be invited to join

Primary: Competing Star1-Star3 , or passed Stage 6 of CanSkate

Intermediate: Competing Star4-Star5, or passed the Skate Canada tests: Star 3 Free Program, Star 3 Free Elements, Star 3 Skills

Senior: Competing Star6-Gold, or passed 35 Skate Canada StarSkate tests

Competitive: Competing PreJuvenile-Senior and attending the BC/YK Sectional Championships

	STAR Academy Camp		Primary Camp		Intermediate/Senior & Competitive	
Jul 2 - Aug 9	7:30am-8:00am	Drop-off	7:30am-8:00am	Drop-off	8:30am-8:50am	Dryland Warmup
Flood:	8:00am-8:15am	Skates on	8:00am-8:15am	Skates on	9:00am-10:00am	On-Ice
8:00am-8:15am	8:15am-9:00am	On-Ice	8:15am-9:00am	On-Ice	10:00am-11:00am	Break & snack
10:00am-10:15am	9:00am-9:15am	Skates off	9:00am-9:15am	Skates off	11:00am-12:00noon	On-Ice
	9:15am-9:50am	Dryland	9:15am-9:50am	Dryland	12:15pm-1:00pm	Dryland
	9:50am-10:15am	Snack & skates on	9:50am-10:15am	Snack & skates on		
	10:15am-10:45am	On-Ice	10:15am-11:00am	On-Ice		
	10:45am-11:00am	Skates off	11:00am-11:15am	Skates off		
	11:00am-11:45am	Flexibility & game	11:15am-11:45am	Flexibility & game		
	11:45am-12:30pm	Lunch & Pick-up	11:45am-12:30pm	Lunch & Pick-up		
Aug 12 - 14	No sessions		9:00am-9:20am	Dryland Warmup	9:00am-9:20am	Dryland Warmup
Ice only for skaters			9:30am-10:45am	On-Ice	9:30am-10:45am	On-Ice
attending SS SumerSkate			11:00am-11:30am	Dryland	11:00am-11:30am	Dryland

Power Skating with CanPowerSkate; Monday, July 22 - Friday, August 9

No ice; Monday, August 5 (BC Day)

	CanPOWERSkate	
Jul 22 - Jul 26	7:15-8:00am	Power Skating with CanPowerSkate
Week 1 (5 sessions)		
Jul 29 - Aug 2	7:15-8:00am	Power Skating with CanPowerSkate
Week 2 (5 sessions)		
Aug 6 - Aug 9	7:15-8:00am	Power Skating with CanPowerSkate
Week 3 (4 sessions)		