

Glengarry SC Summer 2020 Schedule (as of February 3, 2020)

All sessions to be held at McLaren Park Arena

Development A & B, STARSkate & STAR Academy; Monday, June 29 - Friday, August 7

Ice for Super Series SummerSkate competitors; Monday, August 10 - Wednesday, August 12

No ice; Wednesday, July 1

No ice; Monday, August 3

GSC Summer Test Day & Competition Simulation; Saturday, August 8 (9:00am-1:00pm)

GSC Summer Team BBQ; Saturday, August 8 (2:00pm-4:00pm)

BC/YK Super Series SummerSkate Competition (StarSkate & CompetitiveSkate); Thursday, August 13 – Sunday, August 16 (Burnaby, BC)

* - Snacks and meals are not provided. Skaters must bring their own. Please be respectful of food allergies that others may have. (No peanuts, tree nuts, or shellfish.)

* 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 following Skate Canada tests: Star3 Freeskate-Program & Star3 Freeskate-Elements & Star3 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 & Development B Camp	Intermediate/Senior & Development A
Jun 29 - Aug 7 Flood: 8:00am-8:15am 10:00am-10:15am	7:30am-8:00am Drop-off 8:00am-8:15am Skates on 8:15am-8:20am On-Ice Warmup 8:20am-8:35am Circuit 8:35am-8:45am Stroking 8:45am-9:00am Spins & Jumps 9:00am-9:15am Skates off 9:15am-9:50am Dryland 9:50am-10:15am Snack & skates on 10:15am-10:30am Field M & Turns 10:30am-10:45am Creative & Game 10:45am-11:00am Skates off 11:00am-11:45am Game & Dance & Flex 11:45am-12:30pm Lunch & Pick-up	7:30am-8:00am Drop-off 8:00am-8:15am Skates on 8:15am-8:20am On-Ice Warmup 8:20am-9:00am Freeskate 9:00am-9:15am Skates off 9:15am-9:50am Dryland 9:50am-10:15am Snack & skates on 10:15am-10:30am 1.Stroking 2.Edge 10:30am-10:45am 1.Spins 2.Jump 10:45am-11:00am 1.Field M 2.Creative 11:00am-11:15am Skates off 11:15am-11:45am Dance & Flex 11:45am-12:30pm Lunch & Pick-up	8:30am-8:50am Dryland Warmup 9:00am-10:00am Freeskate 10:00am-11:00am Break & snack 11:00am-11:15am Grp Free 11:15am-11:35am Dance/Skills 11:35am-11:45am Grp Stroking 12:00pm-12:45pm Grp Dryland
Aug 10 - 12 Ice only for skaters attending SS SumerSkate	No sessions	8:45am-9:20am Dryland Warmup 9:30am-10:45am On-Ice 11:00am-11:30am Dryland	8:45am-9:20am Dryland Warmup 9:30am-10:45am On-Ice 11:00am-11:30am Dryland

Power Skating with CanPowerSkate; Monday, July 20 - Friday, August 7

No ice; Monday, August 3 (BC Day)

	CanPOWERSkate
Jul 20 - Jul 24 Week 1 (5 sessions)	7:15-8:00am Power Skating with CanPowerSkate
Jul 27 - Jul 31 Week 2 (5 sessions)	7:15-8:00am Power Skating with CanPowerSkate
Aug 4 - Aug 7 Week 3 (4 sessions)	7:15-8:00am Power Skating with CanPowerSkate