

SJASSC OPEN HOUSE

SCHEDULE OF EVENTS

UPSTAIRS 9:30-12:30

- Enter the draw to WIN \$100!
- Equipment and club clothing for Sale
- Displays, Demonstrations and Videos
- Bake Sale, Coffee and Hot Chocolate
- Coach Anouk's Olympic Medals

OUTSIDE 9:30-12:30

Try the dry-land exercises and skills courses with Speed Skate New Brunswick Coach Peter Steele.

ON THE ICE 7:30-12:45

SJASSC skaters in groups 1-4 can invite a friend to their practice, or anyone who is interested can Drop-in to practices between 9:15-12:00.

See Dave in the change room to try speed skates. HELMETS and SKATES must be worn on ice.

7:30-9:00 am Advanced Speed Skating Practice (Group 1)

No guests will be allowed on the ice, but are welcome to watch. This group includes skaters who have represented New Brunswick nationally and are training for the Canada Winter Games.

9:15-10:15 Intermediate SS Practice (Gp 2) and "Bring a Friend".

Group 1's and 2's can "Bring a Friend" to this practice time.

10:00 Demonstration #1, PASSING DRILL

Olympic medalist Anouk English and group 1 skaters will demonstrate speed skating skills. A different demo each hour.

10:30-11:30 Introduction to Speed Skating Practice(Gp 3)

Group 3's can "Bring a Friend" to this practice time. Guests welcome on ice.

11:00 Demonstration #2, 2000M RELAY Anouk and Gp 1 Demo Team

11:30-12:15 Learn to Skate: Skills Improvement (Gp 4)

Group 4's can "Bring a Friend" to this practice time. Guests welcome on ice.

12:00 Demonstration #3, SKATING SKILLS Anouk and Gp 1 Demo Team

12:15-12:45 Learn to Skate: Beginner (Gp 5)

Regular practice for group 5's only. Guests are welcome to watch.

Parents with skates and helmets are allowed on ice to assist their children.

