



# 2022-2023 Junior Prep Skater Schedule

(August 29, 2022 – May 20, 2023)

Session	Day	Ice Time	Location	Description/Details	Cost
M7a	Monday	6:00-7:00 pm	Confed Arena (11204-43 Ave)	JrPrep Pods w/ large lroup Dev't (stroking/spins) *off ice before	\$660
T6a	Tuesday	6:00-7:00 pm	Confed Arena (11204-43 Ave)	JrPrep Pods w/ large lroup Dev't (stroking/spins) *off ice before	\$740
W4a	Wednesday	5:00-6:00 pm	Meadows Arena West (2704-17 St)	JrPrep Pods w/ large lroup Dev't (stroking/spins) *off ice following	\$740
R7a	Thursday	4:15-5:00 pm	Kinsmen Arena (1979-111 S)	<b>Boyz Zone</b> is a male Group Development Seminar *off ice following	\$375
R8a	Thursday	5:00-6:00 pm	Kinsmen Arena (1979-111 S)	JrPrep Pods w/ large lroup Dev't (stroking/spins) *off ice following	\$700
F6a	Friday	5:45-6:45 pm	Confed Arena (11204-43 Ave)	JrPrep Pods w/ large lroup Dev't (stroking/spins) *off ice following	\$680
Sa2	Saturday	7:45-8:30 am	Confed Arena (11204-43 Ave)	Seminar – Star 1-3 Group Dev't (U12) *off ice following	\$625

- Junior Prep skaters must select a minimum of three skating days per week. Additional skating days allow for enhanced skill development.
- JrPrep skaters are grouped into learning Pods of 3-4 skaters. Coaching costs are included in the registration fees for all Pods, group development sessions, off ice, and Saturday Seminars.
- In a 1-hour on ice session, skaters will receive 30-min small group coaching (Pod), 15-min large group development, and 15-min of individual practice time.
- JrPrep skaters start as Star 1 skaters. Once skaters reach Star 2, choreography & technical lessons will be introduced (these will have an additional cost).
- When skaters are ready to take Skate Canada STARSkate assessments, the fees for these assessments will be billed to the skater (\$12/assessment). The coach will notify the parents when this happens.
- All schedules are subject to changes. Skater level assignment is at the discretion of the Head Coach.

**OFF ICE:** (All skaters are expected to participate in off ice classes)

- Mondays (Confed): 5:15-5:45 pm
- Tuesdays (Confed): 5:15-5:45 pm
- Wednesdays (Meadows): 6:15-6:45 pm
- Thursday Boyz Zone (Kinsmen): 5:05-5:50 pm
- Thursday (Kinsmen): 6:15-6:45 pm
- Fridays (Confed): 7:00-7:30 pm
- Saturdays (Confed): 8:45-9:15 am