



ATLANTIC

Blade & Body Workshop

With Vesna Markovich & Trena Graham

St. Margaret's Bay - 12 Westwood Blvd., Upper Tantallon, NS B3Z 1H3

March 10th & 11th, 2018

SATURDAY, March 10, 2018	Group 1	Group 2	Coaches
9:30 - 10:00 am	Registration		
10:00 – 11:00 am	Off-Ice: Body Warm Up – VM		
11:00 – 12:00 pm	LUNCH		
12:00 – 12:45 pm	On-Ice: Body & Blade Warm Up - VM		
12:45 – 1:00 pm	Flood		
1:00 – 1:45 pm	On-Ice: Figure Form Edge Turn - VM		
1:45 – 2:30 pm	On-Ice: Edge Turn to Music - VM		
2:30 – 2:45 pm	Flood & Snacks		
2:45 – 3:45 pm	Performance On-Ice: VM	Off-Ice Dance Class: TG	
3:45 – 4:45 pm	Off-Ice Dance Class: TG	Performance On-Ice: VM	
4:45 – 5:00 pm	Flood & Snacks		
5:00 – 6:00 pm	Field Moves & Cool Down On-Ice: VM		
SUNDAY, March 11, 2018	Group 1	Group 2	Coaches
8:15 – 8:45 am	General Off-Ice Warm Up: TG		Coach Chat: VM
9:00 – 9:30 am	On-Ice Body and Blade Warm Up: VM		
9:30 – 10:00 am	Figure Form Edge Turn - VM	9:45 – 10:45 am	
10:00 – 10:45 am	Edge Turn to Music: VM	Off-Ice Dance Class: TG	
10:45 – 11:00 am	Flood		
11:00 – 11:30 am	11:00 am – 12:00 pm	Figure Form Edge Turn: VM	
11:30 – 12: 15 pm	Off-Ice Dance Class: TG	Edge Turn to Music: VM	
	Lunch & Flood 12:00 – Group 1 / 12:15 Group 2		
12: 45 – 1:30 pm	Performance On-Ice: VM	12:55 – 1:20pm / Off-Ice: TG	
1:30 – 2:15 pm	1:40 – 2:05 pm / Off-Ice: TG	Performance On-Ice: VM	
2:15 – 3:00 pm	Field Moves & Cool Down On-Ice: VM		
Thank you! Safe Travels Home			