

THURSDAY, MAY 23 WORKSHOPS

08:00	Bus to Rink		
08:30-10:00	On-Site Registration		
08:30-09:00	Welcome Breakfast (Provided)		
	ON-ICE		OFF-ICE
09:15-10:15	Synchronized Skating Essentials: Intricate Formations & Transitions Marilyn Langlois	Skating Skills Essentials: Creative Edges and Turns Exercises Yebin Mok	Positive Body Image and BodyWISER: Practical Tools & Project Insights Georgia Ens
10:30-11:30	Pair Skating Essentials: Techniques & Strategies Alison Purkiss	Singles Skating Essentials: Techniques & Strategies Nancy Lemaire	Elevating Team Dynamics: Fostering a Cohesive & Successful Team Marilyn Langlois
11:45-12:15	Networking Lunch (Provided)		
12:15-13:00	Sport Safety Plenary		
	ON-ICE		OFF-ICE
13:15-14:15	Performance Development Exercises: Maximizing Power & Enhancing Performance Quality Yebin Mok	Artistry in Synch: Creating Dynamic & Visually Stunning Performances Marilyn Langlois	Making it Work: Athlete Centered Coaching Partnerships Alison Purkiss and Nancy Lemaire
14:30-15:30	Singles Skating Intricacies: Elevating Skating Skills to New Heights Nancy Lemaire	Pair Skating Dynamics: Trust-Building Exercises & Choreographic Nuances Alison Purkiss	Creative Off Ice Edge Exercises: Focusing on Knee/Ankle Bend Yebin Mok
15:45	Bus to Hotel		

FRIDAY, MAY 24 WORKSHOPS

08:30-09:15	Plenary session: Keynote Speaker Tyler Smith		
09:15-09:30	BREAK		
	OPTION 1	OPTION 2	OPTION 3
09:30-10:30	Safe Sport: The role we play on the road ahead Debra Armstrong, Simon Austin	CanSkate: Exceeding Standards Sheilagh McCaskill, Diane Knutson	Best Practices for Different Forms of Disability Heather McMahon & Jessica Chapelski
10:30-10:45	BREAK		
10:45-11:45	Writing your Strategic Plan Megan Foster	STAR 1-5: All together now! Heather McMahon, Mark Lauzon	The Technical Side of the Judges' Score Janice Hunter & TBA
11:45-13:45	LUNCH ON OWN (not provided)		
13:45-14:45	Improving Board Functionality: Maximizing Effectiveness Dr. Jodi Abbott	Effective Scheduling and Ice Utilization: Sharing Ice and Modified Delivery Heather McMahon & TBA	TBA
14:45-15:00	BREAK		
15:00-17:30	Plenary session: A First Nation's Experience: Kairos Blanket Exercise Clifford Mushsquash, Nicole Lee		