



# ATHLETE DEVELOPMENT PROGRAM

## **Under 14 Seminar Series Winter Session 2008**

**MONDAY, MARCH 31, 2008**

*Elgin Barrow Arena*  
43 Church Street South, Richmond Hill  
905-884-1368

TIME	GREEN	BLUE	YELLOW
9:00 am - 9:30 am	<b>REGISTRATION</b>		
9:30am - 10:45 am	TECHNIQUE SESSION (ON-ICE)	ACTING FOR SKATERS with <i>TED HALLETT &amp; REBECCA DREILING</i> (ED'S ROOM)	OFF ICE JUMPING with <i>JANICE MORGAN</i> (RICHMOND HILL ROOM)
10:45 am – 11:00 am	BREAK	BREAK	BREAK
11:00 am – 12:15 pm	OFF ICE JUMPING with <i>JANICE MORGAN</i> (RICHMOND HILL ROOM)	TECHNIQUE SESSION (ON-ICE)	ACTING FOR SKATERS with <i>TED HALLETT &amp; REBECCA DREILING</i> (ED'S ROOM)
12:15 pm – 12:30 pm	BREAK	BREAK	BREAK
12:30 pm - 1:45 pm	ACTING FOR SKATERS with <i>TED HALLETT &amp; REBECCA DREILING</i> (ED'S ROOM)	OFF ICE JUMPING with <i>JANICE MORGAN</i> (RICHMOND HILL ROOM)	TECHNIQUE SESSION (ON-ICE)
1:45 pm	GOODBYE	GOODBYE	GOODBYE

\*\*Skaters will require comfortable clothing and running shoes for both off-ice sessions\*\*

\*\*\*Skaters will need to bring their own snacks and/or lunch\*\*\*

PLEASE NOTE SEMINAR TIMES

**Elgin Barrow Arena**  
**43 Church St. S.**  
**Richmond Hill, ON**  
**L4C 1C1**  
**905-884-1368**

