



May 18 - June 27 *Boot Breaker 2020*



Week 1 (May 18 - May 23)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1:00-1:30 - ZOOM	12:30-1:00 - ZOOM	1:00-1:30 - ZOOM	1:00-1:30 - ZOOM	12:30-1:30 - OUTSIDE	
	Group 2	Group 3	Group 2	Group 2	ALL Groups	
Victoria Day	Strength / Jumps (Vaughn)	Dance (Christina)	Dance (Christina)	Strength / Jumps (Nathan)	Conditioning / Jumps	
	3:00-4:00 - ZOOM	2:30-3:30 - OUTSIDE	2:00-3:00 - ZOOM	2:30-3:00 - ZOOM		
	Group 1 & Partial Group 2	ALL Groups	Group 1	Group 1		
	Sports Psychologist	Conditioning / Jumps	Tech Analysis (Vaughn)	Dance (Christina)		
		6:00-7:00 - ZOOM				
		Group 1				
		Yoga / Splits (Susan)				

Week 2 (May 25 - May 30)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1:00-1:30 - ZOOM	1:00-1:30 - ZOOM	12:30-1:00 - ZOOM	1:00-1:30 - ZOOM	1:00-1:30 - ZOOM	12:30-1:30 - OUTSIDE	
Group 3 Strength / Jumps (Nicole)	Group 2 Strength / Jumps (Vaughn)	Group 3 Dance (Christina)	Group 2 Dance (Christina)	Group 2 Strength / Jumps (Nathan)	ALL Groups Conditioning / Jumps	
2:00-2:30 - ZOOM Group 1 Strength / Jumps (Nathan)	2:00-2:30 - ZOOM Group 1 & Partial Group 2 Sports Psychology - Video	2:30-3:30 - OUTSIDE ALL Groups Conditioning / Jumps	2:00-3:00 - ZOOM Group 1 Tech Analysis (Vaughn)	2:30-3:00 - ZOOM Group 1 Dance (Christina)		
		6:00-7:00 - ZOOM Group 1 Yoga / Splits (Susan)				

Week 3 (June 1 - June 6)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1:00-1:30 - ZOOM	11:00-12:00	12:30-1:00 - ZOOM	1:00-1:30 - ZOOM	1:00-1:30 - ZOOM	12:30-1:30 - OUTSIDE	
Group 3 Strength / Jumps (Nicole)	Group 1 & Partial Group 2 Injury Prevention	Group 3 Dance (Christina)	Group 2 Dance (Christina)	Group 2 Strength / Jumps (Nathan)	ALL Groups Conditioning / Jumps	
2:00-2:30 - ZOOM Group 1 Strength / Jumps (Nathan)	1:00-1:30 - ZOOM Group 2 Strength / Jumps (Vaughn)	2:30-3:30 - OUTSIDE ALL Groups Conditioning / Jumps	2:00-3:00 - ZOOM Group 1 Tech Analysis (Vaughn)	2:30-3:00 - ZOOM Group 1 Dance (Christina)		
		6:00-7:00 - ZOOM Group 1 Yoga / Splits (Susan)				

Week 4 (June 8 - June 13)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1:00-1:30 - ZOOM	11:00-12:00	12:30-1:00 - ZOOM	1:00-1:30 - ZOOM	1:00-1:30 - ZOOM	12:30-1:30 - OUTSIDE	
Group 3	Group 1 & Partial Group 2	Group 3	Group 2	Group 2	ALL Groups	
Strength / Jumps (Nicole)	Injury Prevention	Dance (Christina)	Dance (Christina)	Strength / Jumps (Nathan)	Conditioning / Jumps	
2:00-2:30 - ZOOM	1:00-1:30 - ZOOM	2:30-3:30 - OUTSIDE	2:00-3:00 - ZOOM	2:30-3:00 - ZOOM		
Group 1	Group 2	ALL Groups	Group 1	Group 1		
Strength / Jumps (Nathan)	Strength / Jumps (Vaughn)	Conditioning / Jumps	Tech Analysis (Vaughn)	Dance (Christina)		
		6:00-7:00 - ZOOM				
		Group 1				
		Yoga / Splits (Susan)				

Week 5 (June 15 - June 20)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1:00-1:30 - ZOOM	11:00-12:00	12:30-1:00 - ZOOM	1:00-1:30 - ZOOM	1:00-1:30 - ZOOM	12:30-1:30 - OUTSIDE	
Group 3 Strength / Jumps (Nicole)	Group 1 & Partial Group 2 Injury Prevention	Group 3 Dance (Christina)	Group 2 Dance (Christina)	Group 2 Strength / Jumps (Nathan)	ALL Groups Conditioning / Jumps	
2:00-2:30 - ZOOM Group 1 Strength / Jumps (Nathan)	1:00-1:30 - ZOOM Group 2 Strength / Jumps (Vaughn)	2:30-3:30 - OUTSIDE ALL Groups Conditioning / Jumps	2:00-3:00 - ZOOM Group 1 Tech Analysis (Vaughn)	2:30-3:00 - ZOOM Group 1 Dance (Christina)		
		6:00-7:00 - ZOOM Group 1 Yoga / Splits (Susan)				

Week 6 (June 22 - June 27)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1:00-1:30 - ZOOM	1:00-1:30 - ZOOM	12:30-1:00 - ZOOM	1:00-1:30 - ZOOM	1:00-1:30 - ZOOM	12:30-1:30 - OUTSIDE	
Group 3	Group 2	Group 3	Group 2	Group 2	ALL Groups	
Strength / Jumps (Nicole)	Strength / Jumps (Vaughn)	Dance (Christina)	Dance (Christina)	Strength / Jumps (Nathan)	Conditioning / Jumps	
2:00-2:30 - ZOOM	2:00-2:30 - ZOOM	2:30-3:30 - OUTSIDE	2:00-3:00 - ZOOM	2:30-3:00 - ZOOM		
Group 1	Group 1 & Partial Group 2	ALL Groups	Group 1	Group 1		
Strength / Jumps (Nathan)	Sports Psychology - Video	Conditioning / Jumps	Tech Analysis (Vaughn)	Dance (Christina)		
		6:00-7:00 - ZOOM				
		Group 1				
		Yoga / Splits (Susan)				

Outdoor procedures:

WEATHER: sessions will be changed to ZOOM if raining or storming (a final decision will be made 2hrs prior to the start). Check Social Media or Events Calendar (not e-mail)

Parents to drive up to drop off point (skaters are dropped off - parents are not allowed out of the car)

- Skaters to wear face mask (until they are placed in their designated area)
- Pylons will be placed to keep skaters a minimum of 10' apart from one another

Coach / Skater Ratio will be 1:10

Parents picking up will drive by the same area as drop off and one at a time, skaters will be go to their vehicle with face mask back on

Parents - please have hand sanitizer in the vehicle

Off-Ice

Drop off - Rear of building (West side) - the parking lot farthest away from the building

Off-Ice



Drop off - Front of building (West side of parking lot)

Sports Psychologist

Lisa Rogerson (Edmonton, AB)

Injury Prevention / Warm-up Prep

Ralph van der Horst (Sports Performance) - Netherlands

Gateway